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Health



DROP 2 SIZES

With the Magic Carb Diet

IS SUGAR TOXIC?

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ANNA FARIS HAS A SEXY WORKOUT SECRET

Fresh and Fast Spring Makeovers

FEEL AMAZING 24/7

- Burn More Calories
- Boost Brainpower
- Sleep Like a Baby

10 MINUTES TO A BEAUTIFUL BUTT

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Cover photography by Matthias Vriens-McGrath.

Styling by Isabel Dupré. Hair by Bridget Brager at The Wall Group. Makeup by Fiona Stiles at The Wall Group. Manicure by April Foreman at The Wall Group.

To get Anna's gorgeous look, try these Covergirl products: Outlast 3-in-1 Foundation, Clean Glow Blush in Roses, Perfect Point Plus Eyeliner in Black Onyx, Full Lash Bloom by LashBlast Mascara and Colorlicious Lipstick in Sweetheart Blush; at mass retailers. For Anna's hairstyle, try these Vidal Sassoon products: ProSeries ColorFinity Dry Shampoo and ProSeries ColorFinity Hairspray; at mass retailers.

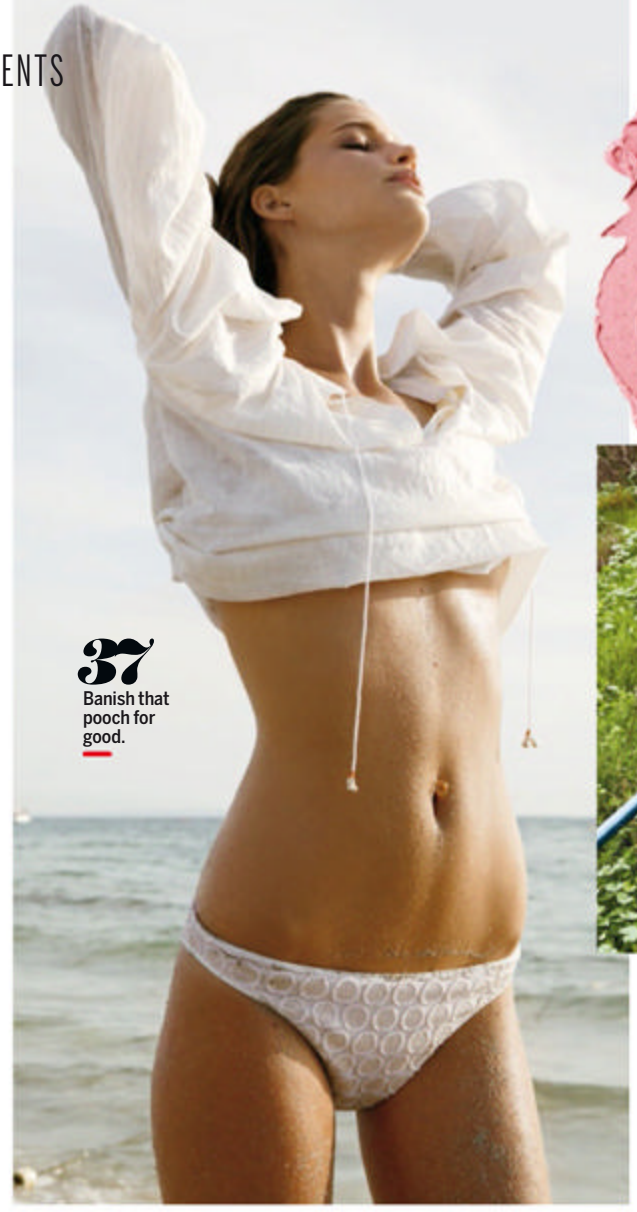
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"My friendships with other women are so much stronger now."
—ANNA FARIS

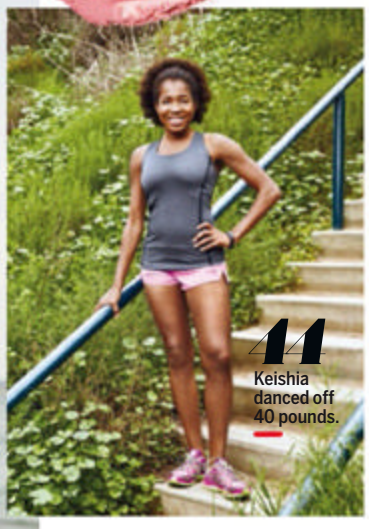
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Good-for-You Beauty

Low-calorie recipes that help you eat well, fitness tricks for tight abs, insider advice on how to talk to your doctor—yes, we've got it covered. But as faithful *Health* readers know, beauty is also an essential part of our magazine. And why not? There's a definite psychological boost that comes from feeling your prettiest, as any woman who has swiped on a vibrant shade of lipstick or walked out of a beauty salon rocking a new hairstyle can attest to. Then there's this: Research shows that the stuff you spray, brush and slather on your body is every bit as important as the things you put into it (yeah, kale, we're looking at you).

Little wonder, then, that a growing number of beauty companies are coming out with more products that not only help us look our best but are good for us, too. A great place to find these offerings—and a whole lot more: **mimichatter.com.** Consider this irresistible new site, created by some of the leading editors in the business, your go-to source for all things beauty related, including step-by-step how-tos (a cool updo in seconds—definitely doable), the latest must-try trends (skip subtle eye color; go bold with bright hues) and real-deal, no-holds-barred beauty-product reviews you can trust from the editors of *Health*, *InStyle*, *People StyleWatch*, *Real Simple, People*, *Essence, All You* and more.

Prepare to become seriously addicted!

Clare McHugh
editor
clare@health.com

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- ***PAGES YOU CAN SHOP!*** Buy the perfect new sneakers (pages 50–51) and other great products right from your device.
- ***WORKOUT VIDEO*** from fitness expert Tracy Anderson (page 64)
- ***RECIPES***—and the tools to make menus and shopping lists and find deals on ingredients. All this from our sister site MyRecipes.com.

Look for this icon on pages with pics you can scan.



COME JOIN ME AT CANYON RANCH MAY 1–3!

The limited spots for our Total Wellness Weekend at Canyon Ranch Resort in Lenox, Mass., are filling up fast. It's going to be amazing! Our editors and contributors will provide you with exclusive workouts and advice—and you'll have plenty of time to soak up all the invigorating activities and restorative treatments that Canyon Ranch is deservedly well-known for. Here are some of the planned highlights:

* Workouts with fitness pro Tracy Anderson
* Healthy-cooking demos from our food director, Beth Lipton, and Canyon Ranch corporate chef Scott Uehlein, plus delicious meals from the Canyon Ranch kitchens
* Yoga classes with guru Kristin McGee, whose sessions are among the most popular at our Fit Foodie events nationwide
* Straight talk and customized tips from Roshini Rajapaksa, MD, and Cynthia Sass, RD
* Healthy-living strategies from psychiatrist and national TV commentator Gail Saltz, MD

I don't want you to miss out on any of this! Call Canyon Ranch today at 1-800-742-9000 (mention group code Health Total Wellness) and make reservations for you and a friend.

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New From Health



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Does your sweetie snore, kick or hog the blankets? Find out how to get in sync between the sheets with our 10 tricks for bedtime compatibility. Go to **health.com/sleep-better-together.**

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The Weight–Work Connection



Did you know that late nights at your desk, a long commute and unhealthy lunch options can all add pounds? See the 17 ways your job can make you bulk up at **health.com/work-weight-gain.**



End Brain Drain

If you feel like you're in a fog, here's good news: There are ways to age-proof your brain. From learning something new to changing the font in your documents, discover tips to keep your mind supersharp at **health.com/age-proof-your-brain.**

Snap Good Outdoorsy Fun

Warm weather! Time to get active outdoors. Look for **#HealthMagSpringForward** on our Instagram feed (**@healthmagazine**). Use the hashtag on your photos and we'll regram our faves.

Heat Up Your Nights



Could your love life use some spice? Follow us on Twitter (**@goodhealth**) and look for tweets with **#HealthySexTips** for advice on having your best sex yet.

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WHAT TRICKS DO YOU USE TO BOOST YOUR WILLPOWER?

- "I always tell myself that today I'm privileged to be able to work out. You may not always have your health or be physically able to exercise. Do it while you can!"
 —*Kerry A., via Facebook*

- "My dog—she's my great motivator. She loves our walks every day."
 —*Julie G., via Facebook*

- "I remind myself of how strong I really am, even when I tend to forget."
 —*Amanda D., via Facebook*

- "If I post something on Facebook—for example, that I am going to do a certain race or run 30 miles in a week—then I feel like I need to follow through because people will ask about it."
 —*Cheryl A., via Facebook*

- "To stay motivated, I envision my goals and plan workouts in advance so that I know how and when I can reach them."
 —*@JasEdwards13*

- "I have a smooth, shiny purple stone I keep in my purse or pocket. It is my anchor and reminds me of the beach where I found it after losing 206 pounds. When I hold it, I think of all my success and why I need to keep focused and never go back to where I came from."
 —*Annemarie K., via Facebook*

- "Seeing my 'before' pictures reminds me that I never want to go back to old habits, and it helps me continue on my journey to my goals."
 —*Sonia S., via Facebook*

OUR COVER CELEB SAYS...

"I have terrible willpower—so I usually indulge but try to eat smaller portions."
—*Anna Faris*

PRO_SHARE

Spring-clean your home—and attitude—with these easy additions to your morning routine.

YOUR HOUSE

▸"Set an amount of time to tidy up before you leave for work, focusing on the areas near your door. Creating order will help you feel like your home is a haven when you return from a long day on the job."
—*Christa O'Leary, author of* Home in Harmony: Designing an Inspired Life

YOUR HEAD

▸"When you wake up, think of one thing you're grateful for and one positive thing you'd like to happen that day. Even if you don't think about them again, you've set your mind-set for the day."
—*Domonique Bertolucci, author of* The Kindness Pact

WILLPOWER SHAKY?

There's an app for that!

PACT

▸Commit to a week's worth of workouts by Sunday night. If you make every sweat session, you get paid, but if you skip out, you fund others who kept their promises. (Free; iTunes and Google Play)

COACH.ME

▸Break down your long-term goals into manageable steps along with like-minded people who will hold you accountable. Soon your big-picture aims will be well within reach. (Free, iTunes and Google Play)

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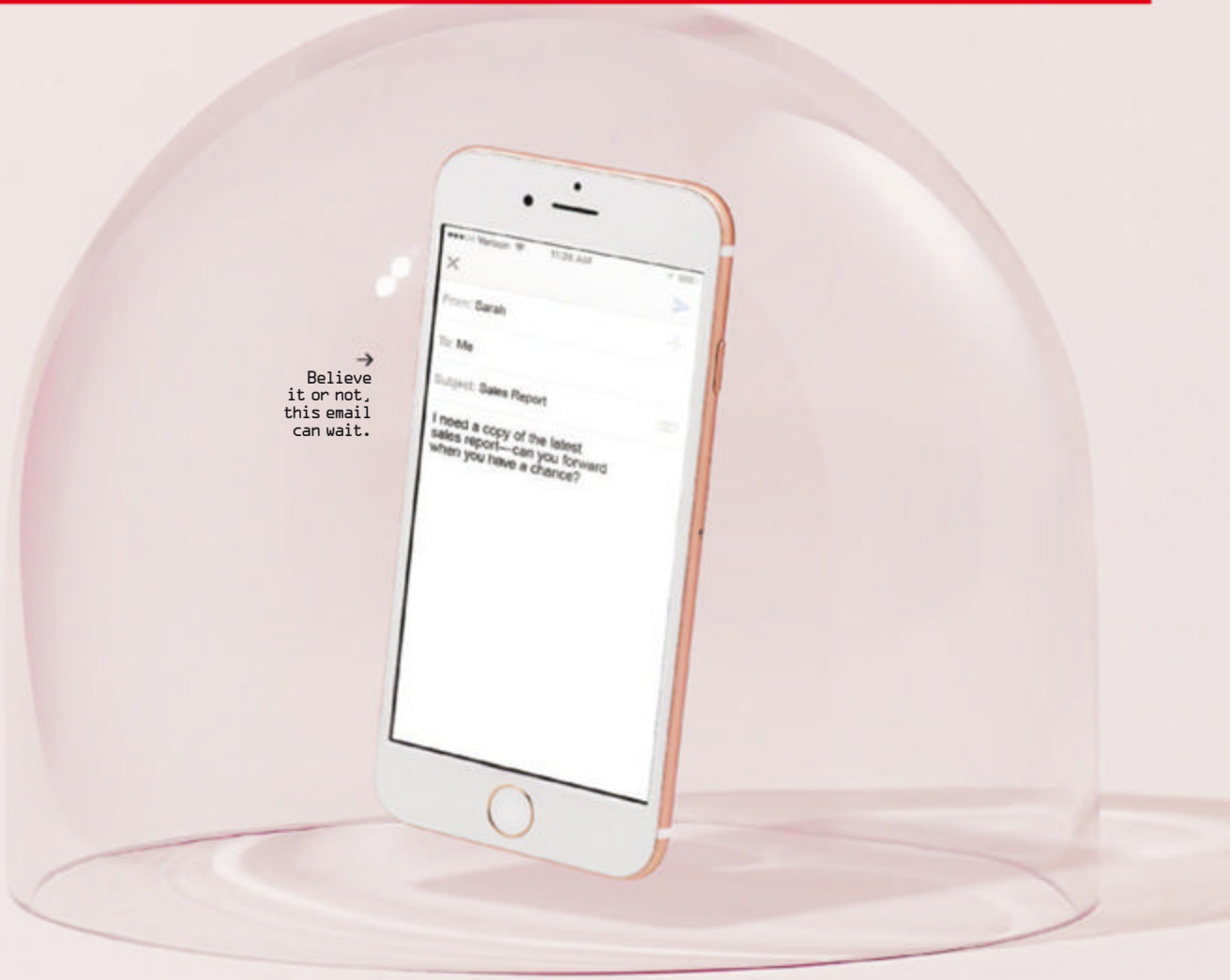
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THIS HABIT WILL MAKE YOU HAPPY

Up pops an alert: You have seven new emails. Do you *a*) think, "Oh, that's nice," then go back to whatever you were doing or *b*) immediately click or swipe and see what you've got? You'd be hard-pressed to find a person who'd answer *a*—we've all become hypercheckers, constantly aware of what's in our inbox. But letting go can have a big upside. A recent study from the University of British Columbia found that when people were instructed to read their email only three times per day for a week, they felt much less stressed than during a week when they were told to check in as often as they wanted (which was about 13 times daily). Why the drop in stress? "We predict that checking email frequently increases multitasking, thus fragmenting our attention and contributing to our feeling that there is so much to do and not enough time to do it all," says study co-author Kostadin Kushlev. If you have trouble limiting yourself, turn off all your notifications and log in on your own schedule. Not feasible at work? Just scale back on weekends to feel more Zen.

PHOTOGRAPHY BY LISA SHIN

Spring Allergy Survival Kit

To prepare for pollen season, you've probably already bought your weight in antihistamine tablets. But as any red-blooded allergy sufferer knows, those are only one weapon in your sneeze-fighting arsenal. A few products to have on hand this year that you might not have thought of:

Green tea
Sencha Organic Green Tea Sachets, $7; theteaspot.com.
A recent study found that drinking a few daily mugs of this antioxidant powerhouse when pollen is peaking helps tamp down allergy symptoms.

Gel eye mask
Bausch & Lomb Therapearl Eyemask, $10; walgreens.com.
Cold compresses tame puffy eyes. Pop this soothing mask into the freezer so it's ready the next time you have an attack.

Dog wipes
Nature's Miracle Allergen Blocker Dog Wipes, $10; petsmart.com.
Use these to clean off your dog when he comes indoors, and in between shampoos to help control pet dander.



GIVE YOUR HEART A LITTLE LOVE

The perks of getting in a heart-healthy groove are long-lasting, says a new study. Back in 1967, a health program started surveying 40,000 adults ages 18 to 74 about their smoking and other habits and measured their cholesterol and blood pressure. Decades later, Northwestern University researchers followed up: Those who were low-risk for heart disease in their 20s, 30s and 40s were 60 percent less likely to be disabled (due to any illness) when they got older. "People with a healthy lifestyle are more likely to stay low-risk, so starting now is the best way to prevent problems in the future," says lead author Thanh-Huyen Vu, MD.



20% ***That's the drop in risk of Alzheimer's disease in lifelong coffee drinkers who down between three and five cups per day, according to a new report.***
SOURCE: 2014 Alzheimer Europe Annual Congress



GET INSIDE YOUR DOCTOR'S HEAD

BY MATT McCARTHY, MD

"It's your MD's job to know every gritty detail, but that doesn't mean it's not awkward sometimes. Here's what your doctor is really thinking when:

YOU FART DURING A PHYSICAL EXAM *Oh, perfect!* Really. A fart is great. It means your digestive system is working right.

YOU'RE SILENT *Is she listening?* Total quiet makes a doctor nervous. It's like when you know you're boring someone—except you're also trying to save that person's life.

YOU BRING IN INTERNET PRINTOUTS *Awesome; let's talk about it.* I love when my patients are armed with knowledge, assuming they're also interested in what I have to say about it.

YOU GIVE THE WHOLE BACKSTORY AND MORE *Keep going!* You can't TMI someone whose job it is to ask if your diarrhea is frothy. Often it's the most random details—like your trip to Peru—that turn out to be the key."

Matt McCarthy, MD, is assistant professor of medicine at Weill Cornell Medical College in New York City and the author of the new book The Real Doctor Will See You Shortly.

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DO WHAT YOU LOVE, WIN AT LIFE

Yeah, yeah—you know you should make time for yourself, but finding space on your to-do list is easier said than done. The good news is that you don't have to carve out hours to see real benefits. Just doing something that you truly enjoy (for any length of time) improves your psychological well-being and your work-life balance, according to a British study. "The key is that *quality* time is more important for happiness than quantity," says lead study author Almuth McDowall, PhD, a psychologist at Birkbeck University of London.



Take some solo time and feel happier.

{ONE WORD}

BOUDWAR

(boo-DWORE), n. ***An argument originating in the bedroom.*** **Avoid a fight by talking about what's bugging you prior to dinnertime.**

SOURCE: *That Should Be a Word,* by Lizzy Skurnik



End the no-sleep cycle to calm your mind.

PUT YOUR WORRIES TO BED

Can't stop thinking about that looming work deadline? Your lack of shut-eye could be to blame. A recent study in the journal *Cognitive Therapy and Research* found that people who slept for shorter amounts of time worried, ruminated and obsessed more. The same was true for people who went to bed late, even if they logged a decent amount of sleep overall. (In the study, participants got anywhere from 4 to 11 hours of sleep a night and went to bed between 10 p.m. and 5 a.m.) The problem, of course, is when your worries are what's keeping you awake in the first place, leading to a vicious sleepless cycle. If that's you, you may actually benefit from spending less time in bed. For example, if your mind is racing, get up and read a book, suggests study co-author Jacob Nota, a researcher at Binghamton University in New York. Still can't snooze much? Ask your doc for a referral to a sleep specialist.



YOUR FRIENDS CAN HELP YOUR MARRIAGE

BY BETHENNY FRANKEL

"I've learned that even the greatest guy in the world can't fulfill all your needs. So it's important not to expect your husband to be everything to you. Take a problem at work that you have to vent about… again. Why not meet a friend for coffee? She'll be eager to help, and you'll get a fresh perspective. Relying on your friends, too, can make both relationships stronger in the long run."

Bethenny Frankel is the author of I Suck at Relationships So You Don't Have To.

BALLOON, SARAH K. LEE/GETTY IMAGES; WORRYING, ERIC OGDEN/TRUNK ARCHIVE

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GYM HAIR, DO CARE!

Want your blowout to last through an intense sweat session? Use these hacks from Head & Shoulders celebrity stylist Sunnie Brook Jones to get "I worked out like this" hair—in a good way.

BAND TOGETHER
Slip on a headband to absorb sweat from the two areas that typically get the most soaked—your hairline and the nape of your neck. The (**1**) Remington Active Style Gel Grip Headwrap ($6; target.com) has hidden gel strips to keep the band from moving while you're grooving.

PONY UP
The higher the ponytail, the more voluminous and less slick hair will be when released. (**2**) Flexx by Emi-Jay Neoprene Hair Ties ($8 for 3; emi-jay.com) conform to hair—not the other way around—and wick away moisture, preventing strands from creasing.

TWIST IT
Secure a bun with a large clip; hair will take on the shape of the twist with help from your body heat, creating waves once unraveled. The (**3**) Scünci No-Slip Grip Chunky Claw Clip ($5; at mass retailers) is lined with silicone to hold strands in place—burpee approved!

4.6x

That's how much more likely you are to develop melanoma if you have moles on your skin.

SOURCE: University of Melbourne, University of Oxford and Epworth HealthCare



EYE CREAM: YOU'RE DOING IT ALL WRONG

Slathering, tapping, massaging—does it really matter how you apply the stuff? Actually, yes, says Christy Cella, Clarins vice president of education. "The right technique will target all signs of aging—puffiness, lines, shadows and sagging," she says. Mistake No. 1: Applying eye cream right under your eyes and directly on lids, which can cause the product to accumulate and create puffiness. Instead, press lightly on the orbital bone with your pointer, middle and ring fingertips, working from inner corners up to temples to stimulate microcirculation. Repeat on the brow bone and above brows to prevent eyelid droop. "From there, it will naturally migrate to lids and undereyes," Cella says.



A SUPER-MODEL'S ANTI-AGING SECRETS

BY CHRISTIE BRINKLEY

"I've relied on a balance of healthy living and good skin care to sustain my looks over the years. I turned to a colorful plant-based diet at a young age, and all those antioxidants have undoubtedly helped nourish my skin. Plus, I start every day with a gentle exfoliator—it leaves my skin so smooth. Then I apply a moisturizer with SPF. I only wish I knew earlier how damaging the sun is. As someone who lives for the outdoors, I now have the dark spots to prove it—and I'm always pointing them out to my daughters as a reminder to slather on the sunblock!"

Christie Brinkley is a supermodel and actress and the founder of Christie Brinkley Authentic Skincare.

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→ Disrupt your urge to splurge with a few forehead taps.

STOP CRAVINGS IN 30 SECONDS

Are those treats in the break room calling out to you? A quick distraction can help, per a new study presented at the 2014 Obesity Week in Boston. Researchers induced cravings in 55 men and women for their favorite foods and had them rate the intensity. Then participants did one of four 30-second tasks—staring at a blank wall, tapping their toe, tapping across their forehead or tapping their ear. Researchers found that all four tasks significantly reduced cravings, with forehead tapping working the best. "Cravings are fueled by tempting images stored in a brain region called the visuospatial sketchpad," says lead author Richard Weil. "Tapping or focusing on a white wall works because it interrupts that vision."

10

The average number of pounds people lost when they stuck to a vegetarian or vegan diet for at least a month.

SOURCE: *Journal of the Academy of Nutrition and Dietetics*



TWO LUNCHES ARE BETTER THAN ONE

BY IAN K. SMITH, MD

"Many dieters don't realize that *when* you eat matters as much as *what* you eat. Studies show that splitting up your lunch can help keep insulin levels even all day—that's important because the big rise in this hormone brought on by a large lunch can lead your body to move excess blood sugar right into your fat cells as you sit at your desk. I recommend eating twice between 11 a.m. and 4 p.m. for a total of 800 calories, with neither meal going over 500. These two meals, spaced three hours apart, are critical. They power you through what is often the busiest part of your day, when you need energy the most—and when you're most prone to stress eating. Be sure to follow your midday meals with a light, plant-based dinner and you'll be past your plateau in no time."

Ian K. Smith, MD, is founder of the 50 Million Pound Challenge and the author of the new book The Shred Diet Cookbook.



Free yoursel from the sniffles with new treatments.

← How does this burger make you feel? Check in before chowing.

(DON'T) EAT YOUR FEELINGS

Learning to be more in tune with your emotions may help you stick with your diet, according to a new study in the *Journal of Marketing Research*. People who were taught techniques for being mindful of their emotions were far more likely to eat within a healthy range of calories than those who learned general nutrition knowledge (and those who weren't taught anything). "The reality is that most people simply don't give enough thought to routine food choices," says lead author Blair Kidwell, PhD. "Monitoring your emotions can help you make better decisions because you're thinking about how a particular food makes you feel."

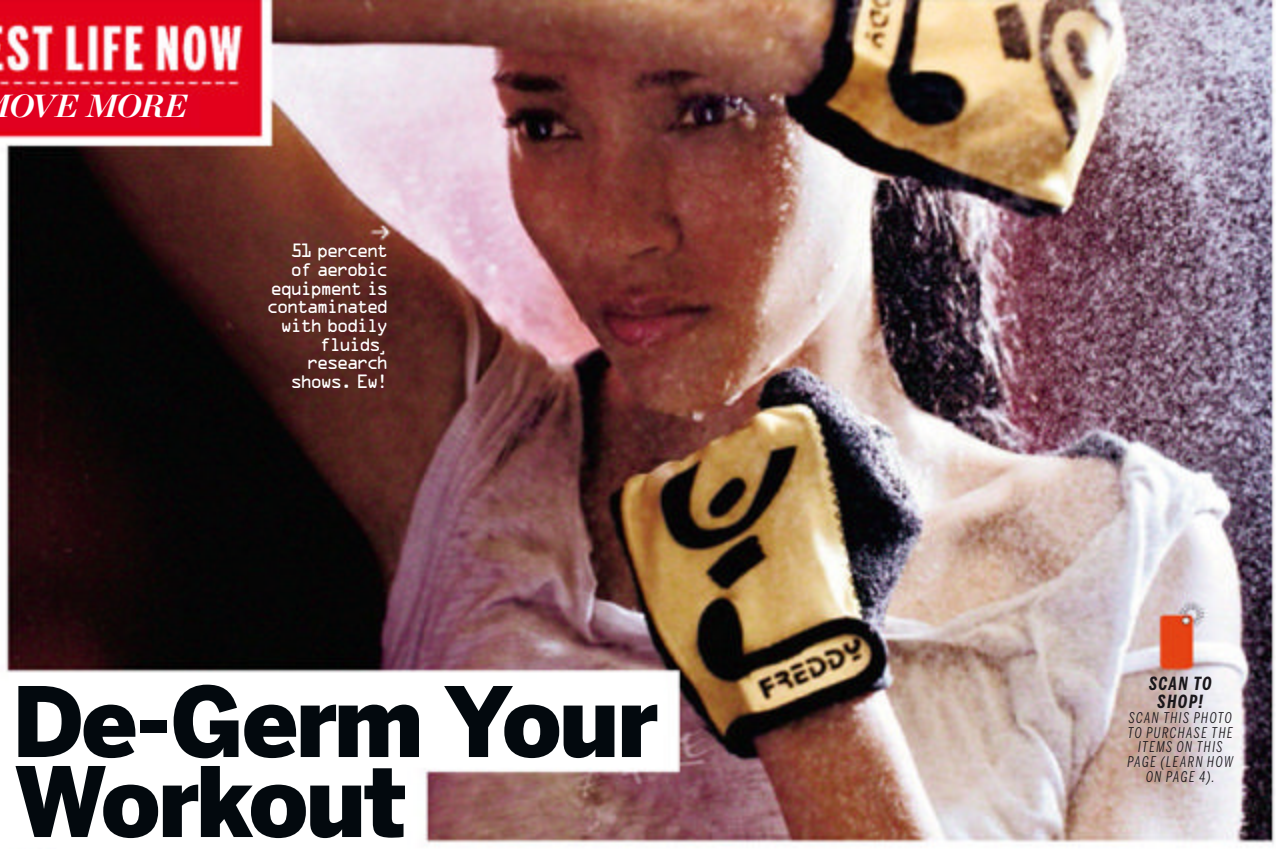
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*5g Fat per serving



51 percent of aerobic equipment is contaminated with bodily fluids, research shows. Ew!

SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4).

De-Germ Your Workout

The gym can be a hotbed of disease. In fact, "both MRSA, a potentially deadly staphylococcus bacteria, and rhinoviruses, the cause of the common cold, have been detected on gym equipment," says Charles Gerba, PhD, a microbiologist at the University of Arizona. Don't shun your fitness facility just yet. Instead, "wipe down equipment with a disinfectant cloth and apply hand sanitizer after use," Gerba says. "And if possible, bring some tools with you." Try these:

Gaiam Sol Dry-Grip Yoga Mat
($70; gaiam.com)
Gym mats are usually sanitized only once a day. Bring your own: This "closed-cell" mat seals out germs, bacteria and unpleasant smells.

Camelbak Groove Insulated Water Bottle
($25; camelbak.com)
Water fountains are a haven for bacteria and viruses because they're always wet. Sip safely with this portable filtered hydrator.

Ipanema Neo Love III Flip Flops
($25; ipanemausa.com)
Athlete's foot is a big issue in gym showers. Protect yourself with these supercute heart-adorned flip-flops; the rubber outsole guards against slips.



MUSCLE IS THE NEW MEDICINE

BY JACKIE WARNER

"Muscle is a little-known miracle; it can help you hold back disease, maintain your weight, sleep better and balance your mood. A person lacking in strength will burn fewer calories; build up more metabolic waste, which can lead to inflammation; have poorer circulation, causing low energy; suffer from cloudy thinking and a sickly skin tone; and have a slouch. Developing muscle can change not only your body (mine went from pear-shaped to perfectly proportioned) but also your personality. I am extremely shy by nature and always felt socially awkward. When I started resistance training at 21, I noticed within a week that I was feeling better about myself, and my mood began to stabilize. There was something about having a fit body that made me carry myself with confidence. Find *your* strong energy!"

Jackie Warner is a celebrity trainer and the author of This Is Why You're Sick and Tired (and How to Look and Feel Amazing).

16%

That's how much you can reduce your risk of becoming depressed by working out three times per week. Bumping up activity can also decrease symptoms if you're already depressed.

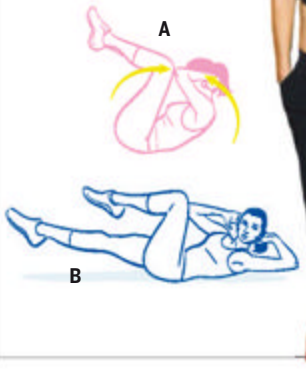
SOURCE: *JAMA Psychiatry*

HOT MOVE

SCULPT KILLER ABS LIKE KATE HUDSON

The star of the upcoming *Rock the Kasbah*, who turns 36 this month, has a core you just can't ignore. Credit her 15-year Pilates practice with trainer Nicole Stuart, and in particular the belly-sculpting **Criss Cross** move. This exercise, which works the entire midsection but especially the obliques, will always challenge you because it never gets easier, Stuart says. Do 10 reps a day to see a flat, toned belly in as little as a month.

Lying faceup, pull knees into stomach. Place hands behind head and bring elbows and knees to touch, or as close as possible (**A**). Bring left knee to right elbow, pressing both together as hard as you can, and extend right leg (**B**). Hold for 3 long counts, then return to "A" and hold. Repeat motion with right knee and left elbow while extending left leg. This is 1 rep.



EXERCISING, SERGE GUERAND/BLAUBLUT-EDITION.COM; HUDSON, CHARLES SYKES/GETTY IMAGES; HEAD SHOT COURTESY OF JACKIE WARNER

ILLUSTRATION BY REMIE GEOFFROI

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NIELSEN YEAR-TO-DATE AUGUST 2014, IN WOMEN FACE CARE IN MASS MARKET

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Get the Ultimate Beauty Sleep

Wake up to a gorgeous glow, no-puff eyes and bouncy hair? It's not a dream—if you follow our easy tricks.

By **COURTNEY DUNLOP**

WOMAN, SABINE VILLIARD/TRUNK ARCHIVE



Keep your nighttime skin routine simple so you're less tempted to skip it.

SCAN TO SHOP!
SCAN THE FACE OIL TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4).

Disney princesses don't typically share their get-gorgeous secrets, but here's a reveal: Sleeping Beauty was onto something. Fully rested people are perceived as more attractive, and even healthier, than their sleep-deprived counterparts, found a recent study from Sweden. Skin pros know this well: "When women ask what's the one thing that will make the biggest improvement in their looks, I tell them, 'More sleep,'" says New York City dermatologist Amy Wechsler, MD. This may not come as a surprise to any woman who has ever gotten a decent amount of shut-eye and was flooded with "You look great!" compliments the next day.

OK, so there's the quit-skimping-on-sleep sell. And then there's reality: Sometimes stress, seasonal allergies or girls' nights out conspire against our best intentions to rest up, and often beauty challenges erupt overnight. Enter the tactics and new products experts rely on to max out the look-good benefits of your sleep.

Soften Skin

P.M. CHALLENGE Extended exposure to dry air from indoor heat or air-conditioning can sap moisture from skin, leaving it dry and papery in the morning. **SLEEP STRATEGIES** Apply a few drops of facial oil before bedtime, says Los Angeles and Dallas celebrity aesthetician Renée Rouleau: "It acts like a bodyguard, so less moisture escapes." Try (**1**) antioxidant-rich Arya Essentials Face Oil ($92; aryaessentials.com). Dr. Wechsler's go-to: a cool-mist humidifier. The new Crane SmartDrop Cool Mist Humidifier ($169; bedbathandbeyond.com) connects to Wi-Fi, so you can control it right from your smartphone.

Stay Smooth

P.M. CHALLENGE Smooshing your face into a pillow leads to skin creasing. "I can look at a client and tell how she sleeps!" Rouleau says. "We naturally lose a teaspoon of collagen—which keeps skin plump—every year from the time we're 30," adds Montclair, N.J., dermatologist Jeanine B. Downie, MD. That means those morning sleep lines around the eyes, nose and mouth are more likely to become permanently etched. **SLEEP STRATEGIES** Your best bet is to sleep faceup, but if that's never going to happen, try this tactic from New York City dermatologist Francesca Fusco, MD: "Hang your face off the edge of the pillow to minimize squishing." You can boost skin elasticity by dabbing an overnight cream with water-retaining hyaluronic acid and plumping peptides onto areas that tend to crease. Try youth-boosting (**2**) Garnier Ultra-Lift Miracle Sleeping Cream ($17; at mass retailers).

Prevent Eye Puff

P.M. CHALLENGE "Swollen eyes happen because you're lying flat and gravity is working against you—fluid can't drain," Dr. Wechsler says. The situation gets worse if you ate a salty dinner: Think Sushi Face. **SLEEP STRATEGIES** Switch from an eye cream to a lighter gel—oils in heavier formulas can seep into eyes and create more puff, says Washington D.C. dermatologist Tina Alster, MD. Try (**3**) Elizabeth Arden Flawless Future Powered by Ceramide Eye Gel ($40; elizabetharden.com), which contains algae extract to boost circulation. If

WHY SLEEP LOOKS SO GOOD ON YOU

When you're dozing off, your skin is just getting started. Research shows that epidermal stem cells are synced with circadian rhythms, your body's natural response to light and darkness in a 24-hour period. During the day, these cells help defend against damage from environmental stressors like UV light and pollution. At night, your skin works overtime to replenish those superhero cells.

STILL PHOTOGRAPHY BY LISA SHIN





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allergies bring on puff problems, or you ate a high-salt dinner and have a big meeting in the morning, take an oral decongestant like Claritin ($11; at mass retailers) at bedtime, Dr. Alster says. It will help reduce swelling and minimize redness by constricting blood vessels.

Beat Breakouts

P.M. CHALLENGE When you're stressed, cortisol levels spike, boosting oil production (and possibly pimples). You're at extra risk for zits if you've skimped on sleep, Dr. Fusco says, because that's typically when the hormone stabilizes.
SLEEP STRATEGY Apply a lightweight salicylic acid serum after washing your face. It helps keep oil out of pores and speeds up skin's natural exfoliation process. Olay Fresh Effects Spot Zinger 2-in-1 Salicylic Acid Acne Spot Treatment ($7; at mass retailers) does the job without dryness or irritation.

Hydrate Lips

P.M. CHALLENGE Since lips lack oil glands, they're very susceptible to dehydration from heat and air-conditioning. Notes Dr. Wechsler, "If you breathe through your mouth at night because your nose is stuffed or for anatomical reasons, your lips are even more likely to be parched."
SLEEP STRATEGY Every night, bolster moisture with a lip treatment that has ceramides—the lipids found in skin—such as Dr. Jart Ceramidin Lipair ($15; sephora.com). Gently run a wet toothbrush over your lips before applying, says Los Angeles celebrity makeup artist Katey Denno: "It will remove flakiness so the balm can really penetrate and soften lips."

Score Fresh Roots

P.M. CHALLENGE Many of us sweat while we sleep, and there are thousands of sweat glands on the scalp—the reason why you can wake up with oily hair even if you washed it before hitting the sack.
SLEEP STRATEGY For fresh hair in the morning, press dry shampoo onto your scalp with a makeup sponge before heading to bed. Try (**4**) Philip B. Russian Amber Imperial Dry Shampoo ($40; philipb.com).

Save the Blowout

P.M. CHALLENGE No surprise here: Tossing and turning while you snooze leads to tangling and a deflated style.
SLEEP STRATEGY Wind hair into two Princess Leia–style buns on the sides of your head, then secure them with fabric hair ties to avoid a dent, says Los Angeles celebrity hairstylist Jenny Cho. Come morning, unravel and tousle with your fingers for major bounce.

Revive Curls

P.M. CHALLENGE Curly hair is porous, meaning it has an open cuticle that allows moisture to easily escape. Add to that the friction from your pillowcase and the result is f-r-i-z-z.
SLEEP STRATEGY Once or twice a week at bedtime, work a protein-packed leave-in conditioner, like (**5**) René Furterer Karité Intense Overnight Leave-In ($33; renefurtererusa.com), through dry strands. Then apply a few drops of hair oil to seal in moisture from the mask. ■

4

← Head off second-day hair BO with a spritz of dry shampoo.

5



PILLOW TALK

"Oils and dirt on your pillowcase can absorb back into hair while you sleep," hair pro Jenny Cho says. "Try to swap yours out at least once a week."

SCAN TO SHOP!
SCAN THE DRY SHAMPOO TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4).

BEST TIPS FOR FAKING A GREAT NIGHT'S SLEEP

TO PERK UP SKIN...
This hot-cold technique from aesthetician Renée Rouleau gets circulation going and moves out fluid like a pump: Let the hot shower water hit your face and gently massage around your eyes. After the shower, apply a bag of frozen peas for five minutes.

TO MAKE EYES LOOK BIGGER...
"A high ponytail or even a half-updo lifts the eye area and gives the entire face a more open, alive look," says Los Angeles celebrity hairstylist Sunnie Brook Jones.

TO DISGUISE DARK CIRCLES...
Try New York City celebrity makeup artist Emily Kate Warren's trick: Apply stick concealer directly to the darkest part (typically the inner corners), let sit for a few seconds to dry, then use a fluffy makeup brush to fade out the edges for a natural effect.

TO GET GLOWING...
"Two shades of blush can do wonders to revive your skin," says Los Angeles celebrity makeup artist Fiona Styles. Apply your regular blush to the apples of cheeks, then add a bit of a brighter shade just at the tops of cheekbones for extra lift.


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It's a Wash!

Suffering from cleanser confusion? Top dermatologists steer you to the smartest new formula for your skin type.

By **MELANIE RUD CHADWICK**



SCAN TO SHOP!
SCAN THE CLEANSING BALM TO PURCHASE THE ITEMS IN THIS STORY (LEARN HOW ON PAGE 4).



IF YOU LACK GLOW

BEST BET

CLEANSING POWDER

HOW IT WORKS Made with pulverized grains and minerals, it transforms into a foam or paste when mixed with water. "Since the particles are smaller than the microbeads in standard scrubs, they exfoliate and combat dullness with less risk of irritation," says Joshua Zeichner, MD, assistant professor of dermatology at Mount Sinai Hospital in New York City. Add less water for a more intense scrub, and vice versa.
ONE TO TRY Boscia Tsubaki Oil–Infused Exfoliating Powder ($36; sephora.com) uses finely ground rice bran, coated in tsubaki oil, to boost hydration while buffing.

IF YOU HAVE REDNESS

BEST BET

CLEANSING WATER

HOW IT WORKS Long popular in Asia, this suds-free wash is making a splash stateside. "Most are infused with anti-inflammatory minerals, like selenium, to tone down redness from rosacea," says Mona Gohara, MD, associate clinical professor of dermatology at Yale University. Meanwhile, the micellar technology—micelles are tiny groups of molecules that surround the cleansing agent and deliver it evenly across skin—prevents too much product from landing on one spot and causing irritation. Use this as you would a toner; apply with a cotton pad, no need to rinse.
ONE TO TRY Perricone MD Blue Plasma Cleansing Treatment ($39; perriconemd.com) nixes dirt and grime, not skin's natural oils.

IF YOU HAVE DRY SKIN

BEST BET

CLEANSING BALM

HOW IT WORKS With the highest concentration of emollients, this cleanser is more akin to a moisturizer than a wash, right down to the rich consistency. You can even use it in a similar way: Rub onto dry skin, then gently wipe off with a damp cloth to lock in the most moisture.
ONE TO TRY Eve Lom Cleanser ($50; evelom.com) contains chamomile and eucalyptus oils to soften and soothe skin.

IF YOUR SKIN IS SENSITIVE

BEST BET

CLEANSING MILK

HOW IT WORKS Think of your skin as a layer of bricks and mortar; in people with sensitive skin, the mortar is broken, allowing irritants to get in and moisture to get out. Milky cleansers have less water and more nourishing ingredients, like fatty acids and ceramides, to fill cracks, Dr. Gohara says. Result: decreased dryness, irritation and stinging.
ONE TO TRY L'Occitane Shea Butter Cleansing Milk ($22; usa.loccitane.com) has licorice extract to quell flushing.

IF YOU HAVE COMBO SKIN

BEST BET

CLEANSING GEL

HOW IT WORKS Although gel formulas used to be high in alcohol and very drying, the newbies are water-based. That means they remove oil but still deliver a light form of hydration that won't clog pores, Dr. Zeichner notes. If your skin has a Goldilocks complex, it gets the best of both worlds.
ONE TO TRY Neutrogena Healthy Skin Boosters Facial Cleanser ($8; at mass retailers) is rich in antioxidants, like vitamin E and white tea, so skin feels clean but not tight and dry.

IF YOU HAVE OILY SKIN

BEST BET

CLEANSING MUD

HOW IT WORKS Consider this a juice cleanse for your complexion. Loaded with charcoal and clay, it helps degunk pores and soak up excess oil, leaving you with clearer skin, Dr. Zeichner says. If you're prone to breakouts during your cycle, start using one 10 days before your period, he adds; it will help counteract the extra sebum caused by hormone fluctuations. This formula is also ideal for city dwellers: "It absorbs the microfine toxins and particles from smog that get trapped in your pores," Dr. Gohara explains.
ONE TO TRY GlamGlow SuperCleanse ($39; sephora.com) morphs from mud to foam to deslick your face, fast.

IF YOU WEAR A LOT OF MAKEUP

BEST BET

CLEANSING OIL

HOW IT WORKS "Oil dissolves oil, so this formula breaks down the lipids in foundations, powders and even stubborn eye makeup," Dr. Gohara explains. (Fun fact: It also breaks down excess oils on your skin.) Thanks to the lubricated texture, there's no scrubbing required, making cleansing oils both gentle and effective at removing makeup.
ONE TO TRY Clinique Take the Day Off Cleansing Oil ($27; sephora.com) gets rid of makeup and shine, leaving no residue. ■

PHOTOGRAPHY BY LISA SHIN

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SPRING FORWARD

How Design Mom blogger **Gabrielle Blair** keeps herself and her family of eight healthy, upbeat and energized in springtime. Brought to you by **AVEENO®** and **Walgreens**.

RISE & SHINE

No matter how chaotic the day ahead, I squeeze an ounce of Me Time into the morning. I find a cushy chair, read to recharge, stretch and sip soothing tea.



POWER TO THE PEDAL

Hello, spring! Time to get my family out biking. Heart-pumping exercise plus stunning views equals win-win.





HYDRATION HACKS

Hydration starts on the inside, so load up on H_2O-packed cucumbers, celery and tomatoes. And keep your whole family's skin moisturized for 24 hours with new **AVEENO® Daily Moisturizing Lotion Sheer Hydration** that goes on feather-light. And because spending more time outdoors takes a toll on skin, keep yours glowing, while evening out tone and texture, with **AVEENO® POSITIVELY RADIANT® Daily Moisturizer Broad Spectrum SPF 15**.

PICNIC 'N GO

Living in Greece, I saw how delish a light, simple lunch can be. I take my family to the farmers' market to pick up spring fruits and veggies, a couple baguettes and hunks of cheese, then picnic in the park.



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→ First fix: Start the day with a fiber-rich breakfast.

10 Reasons You're Not Losing Belly Fat...*Yet*

Yes, stomach pudge may be stubborn, but here are a slew of research-proven ways to dump it for good.

By **CAMILLE NOE PAGÁN**

WOMAN, GUILLAUME REYNAUD/FOLIO-ID.COM



How much belly fat is too much?

Pull out the tape measure: Beyond 35 inches at the smallest point of the waist is considered risky for your health.

To build lean muscle, make sure you're getting enough protein.

A LITTLE BIT OF BELLY FAT is actually good for you: Like the bubble wrap used to ship fragile items, it protects your stomach, intestines and other delicate organs. But too much fat is anything but healthy. Extra fat cells deep in your abdomen (aka visceral fat) generate adipose hormones and adipokines—chemical troublemakers that travel to your blood vessels and organs, where they cause inflammation that can contribute to problems like heart disease and diabetes.

The good news? Every pound you shed can help reduce your girth. "Once women start losing weight, they typically lose 30 percent more abdominal fat compared with total fat," says Rasa Kazlauskaite, MD, an endocrinologist at the Rush University Prevention Center in Chicago. Even better, the choices you make every day can supercharge your ability to burn belly fat. Here are 10 common pitfalls—and ways to undo each one.

No. 1

You're on a low-fat diet

To shed belly fat, it's good to eat fat—specifically monounsaturated fatty acids (MUFAs). When researchers in one study asked women to switch to a 1,600-calorie, high-MUFA diet, they lost a third of their belly fat in a month. "MUFAs are satiating, so they help you eat fewer poor-quality foods," says David Katz, MD, director of the Yale Prevention Research Center.

BELLY BLASTER Have a serving of MUFAs—like a handful of nuts, a tablespoon of olive oil or a quarter of an avocado—with every meal and snack.

No. 2

You've been feeling blue for a while

Women with depressive symptoms were far more likely to have extra belly fat, found a recent Rush University Medical Center study. That may be because depression is linked to reduced physical activity and poor eating habits.

BELLY BLASTER Exercise! "It improves levels of brain chemicals that regulate metabolism of fat, as well as your mood," Dr. Kazlauskaite says. This enhances your motivation to do other things that help ward off depression, like seeing friends. But if you're so bummed out that you don't want to do things you used to enjoy, it's time to seek the help of a therapist.

No. 3

Your food comes from a box

Simple carbs (like chips) and added sugar (in items like sweetened drinks) cause your blood sugar to spike, which triggers a flood of insulin—a hormone that encourages your liver to store fat in your middle.

BELLY BLASTER Instead of focusing on cutting out junk, center your efforts on adding in healthy fare (think extra servings of vegetables at each meal). As Dr. Katz says, "Filling your tank with high-quality fuel thwarts hunger."

No. 4

You're skimping on the miracle mineral

Magnesium regulates more than 300 functions in the body. No surprise, then, that a 2013 study found that people who consumed more of it had lower blood sugar and insulin levels.

BELLY BLASTER At least twice a day, reach for

TORSO: ALEXANDRE WEINBERGER/FIGAROPHOTO/CONTOUR BY GETTY IMAGES

magnesium-rich foods such as dark leafy greens, bananas and soybeans.

No. 5

You're hooked on diet soda

A study in *Obesity* found that diet soda drinkers were more likely to have a high percentage of fat in their bellies. The researchers think that diet drinkers may overestimate the calories they're "saving," and then overeat.
BELLY BLASTER If you're not ready to kick your habit, the researchers suggest reducing the number of food calories in your diet.

No. 6

You love burgers

When Swedish researchers gave one group of adults 750 extra daily calories, mainly from saturated fat, and another group the same amount of calories but mostly from polyunsaturated fatty acids (PUFAs) for seven weeks, the saturated fat group accumulated two times as much visceral fat.
BELLY BLASTER Dine on fatty fish like salmon or trout once a week to get a good dose of PUFAs. The rest of the time, reduce your intake of red meat and opt instead for protein low in saturated fat, such as legumes and chicken.

No. 7

You think girls don't get beer guts

According to a 2013 Danish study, beer may indeed be linked with abdominal obesity. And though beer appears to have the greatest impact, wine won't save you from a spare tire: One study found that the amount of alcohol of any type that women drank contributed to weight gain.
BELLY BLASTER Stick with seven or fewer alcoholic beverages a week. Light to moderate drinkers are the least likely to carry excess weight anywhere, shows a recent *Archives of Internal Medicine* study.

No. 8

You can't recall when you last said "om"

Menopause-related hormonal changes (which typically begin in your 40s) make it harder to shed stomach pudge—but vigorous yoga can help offset the effects. A 2012 study found that postmenopausal women who did an hour-long yoga session three times a week for 16 weeks lost more than ½ inch around their waists.
BELLY BLASTER Not a fan of Sun Salutations? "Take an hour to do something nice for yourself," which could help control your stress hormones, advises Sheila Dugan, MD, a physical medicine and rehabilitation specialist in Chicago.

No. 9

Your meals are beige

Brightly colored fruits and veggies are loaded with vitamin C, which reduces cortisol. What's more, a recent study in *The Journal of Nutrition* showed that people who ate more of the nutrients in red, orange and yellow produce had smaller waists as a result.
BELLY BLASTER Add color to your plate by topping fish with a mango salsa, or throw diced red pepper into your turkey meatballs.

No. 10

Your sweat sessions don't involve sweat

Research has shown that high-intensity interval training, or HIIT—bursts of vigorous activity followed by short periods of gentle activity or rest—boasts belly-shrinking benefits. "High-intensity exercise seems to be more effective at reducing insulin, triglycerides and cortisol, and it burns more calories in less time, too," notes Shawn Talbot, PhD, a fellow of the American College of Sports Medicine.
BELLY BLASTER If you enjoy biking or running, for example, accelerate to a pace that makes it hard to talk for two minutes; then slow down for a minute, and repeat until you're done. Like resistance training? Try a series of moves like squats or push-ups for two minutes each with a 60-second break between them. ■

THE THREE BEST MOVES FOR TIGHT, TRIM ABS

Celebrity trainer Joel Harper prescribes this tummy-firming routine 3 times a week on nonconsecutive days.



STAIR STEP

▶ Place left foot on the first or second step of a staircase. Bend elbows, raising hands to shoulder height. With core engaged, slowly lift right knee to hip height, or as high as you can. Lower right foot back down and gently tap the floor. Repeat for 20 reps, then switch legs. Over time, build up to 3 or 4 sets per leg.



LEG CIRCLES

▶ Lie faceup with hands at your sides, palms facedown. Lift straight legs to a 60-degree angle, keeping feet together and toes pointed. Slowly begin to circle legs clockwise for 25 reps, making an O the size of a basketball. Rest for 30 seconds, then repeat move in a counterclockwise motion. Perform series again, this time with feet flexed.



TOWEL RUNS

▶ Start in the upper part of a push-up with 2 washcloths underneath the balls of your feet on a smooth floor. Engage core; slide right foot, bringing right knee in toward chest. Return right foot to starting position and repeat movement with left foot. Continue alternating knees as you count backward from 100.

ILLUSTRATIONS BY REMIE GEOFFROI

SMOKED TURKEY AND MANGO QUESADILLAS

From the **Health® Kitchen**



TRY IT TODAY!

Yield: Serves 4

INGREDIENTS

1 small mango, peeled, pitted, cut into 1/4-inch dice

1/2 red bell pepper, seeded, cut into 1/4-inch dice

2 scallions, finely chopped

1 tablespoon lime juice

1/4 teaspoon crushed red pepper flakes

8 ounces **Hillshire Farm® Naturals™ Hardwood Smoked Turkey Breast**

6 ounces shredded low-fat Monterey Jack

8 8-inch whole-wheat tortillas

PREPARATION

1. In a bowl, mix mango, bell pepper, scallions, lime juice and red pepper flakes.

2. Arrange turkey on top of 4 tortillas. Top with mango mixture and shredded cheese, then top with remaining 4 tortillas.

3. Warm a large, nonstick skillet over medium heat. Cook quesadillas 1 at a time, turning once, until golden brown on both sides, about 8 minutes total.

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Found: My Inner Fit Girl

A bad date helped Keishia Gu ditch 40 pounds and gain a new love of adventure.

As told to **ROZALYNN S. FRAZIER**



Keishia Gu
37, 5'3"
Culver City, Calif.

BEFORE
150 lb.
DRESS SIZE: 10/12

AFTER
110 lb.
DRESS SIZE: 0

TOTAL LOST
40 lb.
SIZES LOST: 5/6

The North Face Mountain Athletics is celebrating Keishia's shape-up with this great gear: Dynamix Full Racerback, $48, MA-X Short, $40, and Ultra TRII sneakers, $110; thenorthface.com.

SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE KEISHIA'S WORKOUT WEAR (LEARN HOW ON PAGE 4).



THE POUNDS started creeping on after graduate school. My activity level dropped, which isn't saying much, since I was always a bare-minimum exerciser. On top of that, I developed a thing for fast food. (The McDonald's server knew my order!) I noticed my clothes were feeling tight, but I thought I was carrying the extra pounds well. That is, until October 2011, when a guy I went out with told me I should consider losing 10 or 20 pounds to be more "datable." It was a blow to my ego, but that rude comment made me take a serious look at my body.

LIGHT FOOD, DELIVERED

Two weeks later, I saw a promo for Nutrisystem and signed up. The plan does the thinking for you—by delivering prepackaged food—so it seemed feasible. All I had to do was eat what and when I was told. (And I could still have mac and cheese!) In the first two weeks, I lost 5 pounds and was stunned. I had tried so many crazy diets, pills and weight-loss body wraps in the past, yet this was the first time I had seen sub-150 on the scale in a very long time.

JUST DANCE

To build on my progress, I amped up my every-now-and-then dance class to six days a week. I took everything from Zumba to hip-hop. Dancing combined with dieting knocked off another 15 pounds by December. Next, I began strength training. I wanted to look and feel strong, too. Lifting gave my body definition while also helping me drop 10 more pounds. Three years later, not only have I kept the weight off, but I got chosen to host an adventure show on PBS that will highlight my athleticism (scaling the Swiss Alps, parasailing in Africa). This would never have been possible had I not gotten my weight under control.

SHARE YOUR TRANSFORMATION

Did you downsize? Tell us about your healthy change at **health.com/i-did-it** and let us know what strategies really made a difference for you.

LOSE-BIG CRIB SHEET

The secret to Keishia's success? These smart moves. Find even more body changers at health.com/weight-loss-stories.



▶ FUEL ON THE GO
I have hard-boiled eggs, string cheese and raisins or cranberries on hand for when I get hungry. These are my power foods.



▶ PIN YOUR IDEAL BODY
I created a Pinterest board with photos of strong bodies and fit celebs like Jada Pinkett Smith. It mirrored what fit was and what I wanted to be.

▶ PICK MOTIVATING SONGS
No workout playlist is complete without C&C Music Factory's "Gonna Make You Sweat (Everybody Dance Now)," which makes me want to move the second I hear it, and "Conquistador," by Procol Harum—it reminds me to break through barriers and just do it!



▶ ENJOY CHEAT MEALS (WITH A CATCH)
If I wanted gummy bears or a pizza, I either had to put in an extra workout that day or reach a specific weight-loss goal first. It was important to know that I had worked for those extra calories.

HAIR AND MAKEUP BY DANIELLE ROTELLA FOR CELESTINEAGENCY.COM; EGGS, FLOORTJE/GETTY IMAGES; PINKETT-SMITH, LARY BUSACCA/GETTY IMAGES; PIZZA, MICHAEL DEUSON/GETTY IMAGES

PHOTOGRAPHY BY TOMMY GARCIA


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Tried! Tested! Loved! Seven super-functional kicks that look snazzy, too.

By **ROZALYNN S. FRAZIER**

HOLY HYBRID

Flexibility (giving you greater foot mobility) mixed with just enough underfoot padding helps the Topo Halsa ($110; topoathletic.com) handle everything from sprints to power lifts.

CUSH CITY

Found: a sneaker for all your favorite plyometric moves. Hexagonal pods on the sole of the Nike Zoom Fit Agility ($130; nike.com) not only absorb impact but also return energy to your foot to fight fatigue.

WILD CARD

Small lugs along the sole's outer rim paired with larger ones in the center allow the Brooks Cascadia 10 ($120; brooksrunning.com) to maneuver between packed gravel, dusty roads and muddy paths. Plus, a special "rock plate" shields your foot from injury.

PHOTOGRAPHY BY LISA SHIN



PERFECT FORM

A neutral runner, the Saucony Zealot ($130; saucony.com) wins major fit points. The plush mesh inner sleeve and lightweight upper support frame mold to feet, adjusting to size and shape changes throughout your run. Also handy: the stay-seen reflective hits.

THE BIG BOUNCE

Like jumping on a trampoline, running in the Adidas Adizero Tempo Boost ($120; adidas .com)—with its midsole cushioning—adds spring to your step. Result: You can go farther without feeling it.

WALK THE LINE

Looking for an everyday strider? The Asics MetroLyte ($65; asics.com) packs serious functional features—a breathable upper; a cushy, sweat-wicking sock liner; and a grippy rubber outsole—in a streamlined silhouette.

MILES OF SMILES

A tough-as-nails stability runner, the Under Armour Speedform Gemini ($130; ua.com) effortlessly handles long-distance miles while maintaining a light-as-air feel.

SCAN TO SHOP! *SCAN THE SNEAKER AT LEFT TO PURCHASE THE ITEMS IN THIS STORY.* *(LEARN HOW ON PAGE 4).*



X-rays show that XELJANZ helps stop further joint damage.



What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

- It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
- XELJANZ is not for people with severe liver problems.
- It is not known if XELJANZ is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information to know about XELJANZ?

Serious infections. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting XELJANZ, and monitor you closely for signs and symptoms of TB infection during treatment. You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Cancer and immune system problems. XELJANZ may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, have happened in patients taking XELJANZ.

Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

Tears (perforation) in the stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

Changes in lab test results. Your healthcare provider should do blood tests before you start receiving XELJANZ, and at certain times while you are taking XELJANZ, to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should also routinely check certain liver tests. You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high. Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results. Your healthcare provider should do blood tests to check your cholesterol levels 4-8 weeks after you start XELJANZ, and as needed after that.

Before taking XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection, such as fever, sweating, or chills; muscle aches; cough; shortness of breath; blood in phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinating more often than normal; or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.

FOR MODERATE TO SEVERE RA

Feet were made for climbing, not RA.

Discover XELJANZ®

XELJANZ is a small pill, not an injection or infusion. It can relieve the joint pain and stiffness of RA, and help stop further joint damage, even without methotrexate.

XELJANZ is a prescription medicine for adults with moderate to severe rheumatoid arthritis for whom methotrexate did not work well. Visit XELJANZ.com to learn more.

ASK YOUR RHEUMATOLOGIST IF XELJANZ IS RIGHT FOR YOU

- have or have had hepatitis B or C or liver problems
- have ever had any type of cancer
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People taking XELJANZ should not receive live vaccines but can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby
 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

Tell your healthcare provider about all of the medicines you take, especially any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.

- Tell your healthcare provider if you are taking medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

What are other possible side effects of XELJANZ?
XELJANZ may cause serious side effects, including hepatitis B or C activation infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Tell your healthcare provider if you have the following symptoms of a possible hepatitis B or C infection: feeling very tired, skin or eyes look yellow, little or no appetite, vomiting, clay-colored bowel movements, fevers, chills, stomach discomfort, muscle aches, dark urine, and skin rash.

Common side effects of XELJANZ include upper respiratory tract infections (common cold, sinus infections), headache, diarrhea, and nasal congestion, sore throat, and runny nose (nasopharyngitis).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see additional Patient Information on the following page.

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XELJANZ®
[tofacitinib citrate]
5 mg tablets



One pill. Twice daily.

XELJANZ [tofacitinib citrate]

CONSUMER BRIEF SUMMARY
XELJANZ (ZEL' JANS') (tofacitinib)

Read the Medication Guide that comes with XELJANZ before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about XELJANZ?
XELJANZ may cause serious side effects including:

1. Serious infections.

XELJANZ is a medicine that affects your immune system. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting XELJANZ.
- Your healthcare provider should monitor you closely for signs and symptoms of TB infection during treatment with XELJANZ.

You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Before starting XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal
 - feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis B or C

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

2. Cancer and immune system problems.

XELJANZ may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers, including skin cancers, can happen in patients taking XELJANZ. Tell your healthcare provider if you have ever had any type of cancer.
- Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

3. Tears (perforation) in the stomach or intestines.

- Tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

4. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving XELJANZ and while you take XELJANZ to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should routinely check certain liver tests.
You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high.

Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving XELJANZ, and as needed after that. Normal cholesterol levels are important to good heart health.

See "What are the possible side effects of XELJANZ?" for more information about side effects.

What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
XELJANZ is not for people with severe liver problems.
It is not known if XELJANZ is safe and effective in children.

What should I tell my healthcare provider before taking XELJANZ?
XELJANZ may not be right for you. Before taking XELJANZ, tell your healthcare provider if you:

- have an infection. See "What is the most important information I should know about XELJANZ?"
- have liver problems
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People who take XELJANZ should not receive live vaccines. People taking XELJANZ can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby

 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding. You and your healthcare provider should decide if you will take XELJANZ or breastfeed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. XELJANZ and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take XELJANZ?

- Take XELJANZ as your healthcare provider tells you to take it.
- Take XELJANZ 2 times a day with or without food.
- If you take too much XELJANZ, call your healthcare provider or go to the nearest hospital emergency room right away.

What are possible side effects of XELJANZ?

XELJANZ may cause serious side effects, including:

- See "What is the most important information I should know about XELJANZ?"
- **Hepatitis B or C activation infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Your healthcare provider may do blood tests before you start treatment with XELJANZ and while you are using XELJANZ. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B or C infection:
 - feel very tired
 - skin or eyes look yellow
 - little or no appetite
 - vomiting
 - clay-colored bowel movements
 - fevers
 - chills
 - stomach discomfort
 - muscle aches
 - dark urine
 - skin rash

Common side effects of XELJANZ include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- diarrhea
- nasal congestion, sore throat, and runny nose (nasopharyngitis)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XELJANZ. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of XELJANZ.
Medicines are sometimes prescribed for purposes other than those listed in a brief summary. Do not use XELJANZ for a condition for which it was not prescribed. Do not give XELJANZ to other people, even if they have the same symptoms you have. It may harm them.

This brief summary summarizes the most important information about XELJANZ. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about XELJANZ that is written for health professionals.

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Keep the Carbs, Lose the Pounds

A breakthrough eating plan for any woman who craves rich, satisfying foods, so you can take off that weight for *good*.

By **CYNTHIA SASS, RD**

MANY DIETS ARE BASED on cutting out entire food groups, like carbs. My clients find these plans restrictive and frustrating; they just reinforce the idea that weight loss is about deprivation. But it doesn't have to be. Plenty of research shows that you can shed pounds by *adding* foods to your diet—in particular, carbs! My new book, *Slim Down Now,* centers on eating the right carbs.

The latest science says that just as not all calories are created equal, not all carbs are created equal. There's an awesome kind called pulses, the edible goodies that come from plants in the legume family, which include lentils, chickpeas and many varieties of beans.

On average, Americans down 6½ pounds of pulses a year. That's nothing! Over in Brazil, the country's food pyramid singles out beans as a food group to be consumed daily. Why? Because pulses help you stay slim *and* healthy.

If you eat lentil soup, you know how filling pulses are; research even reveals that they can head off cravings for processed foods. In a

The new superfood

In Europe, Latin America and India, pulses are a dietary staple—they're the edible seeds of legumes (think beans, peas and lentils). If you're thinking, "Um, what about digestion side effects?" rest assured: Research shows that when you regularly down these foods, your body adjusts and gassiness subsides.

BEANS, TED CAVANAUGH/THELICENSINGPROJECT.COM

University of Toronto study of overweight people, one group added 5 cups of pulses to their diets each week. The other group simply ate 500 fewer calories a day. After two months, both groups lost weight—the pulse eaters without cutting a single calorie.

Pulses can reduce belly fat as well, a major risk factor for heart disease. One study in the *British Journal of Nutrition* tracked overweight adults who, twice a day for 28 days, ate muffins containing either whole-pea flour, fractionated pea flour (hulls only) or white-wheat flour. The women who ate the muffins with whole-pea flour ended up with the lowest waist-to-hip ratios, indicating that fat was directed away from the waistline. It helps that pulses are a top source of soluble fiber, shown to whittle midsection pudge.

Pulses have anticancer benefits, too. When Harvard University researchers analyzed data from the Nurses' Health Study II, they found that women who ate beans or lentils at least twice a week were 24 percent less likely to get breast cancer than those who had them less than once a month. Pulses have also been shown to lower the risk of developing colon cancer by one third. The proof is clear: Pulses should have a daily place in your diet.



Adapted from *Slim Down Now*, © 2015 by Cynthia Sass, MPH, RD. Published by HarperOne.

Little add-ins, big results

For lifelong good health, you'll want to include a pulse serving in at least one meal a day. Try these tasty ideas inspired by Sass's book.

PERFECT PAIRINGS



Veggie quiche
+
½ cup lentils or cannellini beans



Oatmeal
+
¼ cup vanilla-flavored pea protein powder



Broccoli-cashew stir-fry
+
½ cup black-eyed peas



Veggie lasagna
+
½ cup oven-roasted chickpeas



Ricotta-stuffed tomatoes
+
½ cup cannellini beans



Arugula salad
+
½ cup cannellini beans



Pan-seared shrimp and scallops
+
½ cup steamed lentils



Cheesy cauliflower casserole
+
½ cup chickpeas



Salmon with roasted veggies
+
½ cup cannellini beans

MORE WAYS TO EAT RIGHT

A brief overview of the 30-Day Pulse Challenge. Get ready to ditch dieting!

▶ My plan has two parts: a four-day Rapid Pulse (it involves a bean-based kick-start pudding) and a 26-day Daily Pulse. The first phase is like hitting your eating reset button; you reconnect with a normal sense of hunger and fullness. In the second phase, you down three meals a day, each of which includes a lean protein, vegetables and a plant-based fat—plus a whole grain, starchy vegetable, fruit or pulse (foods I call "energy accessories"). You have to include a pulse in at least one meal daily, as the lean protein or the energy accessory. You're putting together meals like you would an outfit, so it keeps it interesting.

The entire time you're on the plan, you are of course keeping up with exercise. By day 31, eating this way will feel like your new normal, allowing you to either maintain weight loss or keep shedding pounds if you haven't yet reached your goal. While friends, family or co-workers start yet another low-carb, low-cal diet, you'll be enjoying truly delicious food. Your energy will soar while you drop dress and jean sizes. Not only will you reach your dream weight, you'll embrace optimal health.

QUICHE, MARK GILLOW/GETTY IMAGES; OATMEAL, ISTOCKPHOTO; BROCCOLI, ISTOCKPHOTO; LASAGNA, DAVID MURRAY AND JULES SELMES/GETTY IMAGES; TOMATOES, ISTOCKPHOTO; SALAD, SALLY WILLIAMS PHOTOGRAPHY/GETTY IMAGES; SHRIMP, BOB INGELHART/GETTY IMAGES; CAULIFLOWER, DIANA MILLER/GETTY IMAGES; SALMON, ISTOCKPHOTO

SLIMDOWN MEALS

These pulse-based recipes, which I created for *Health*, may have simple ingredients and steps—but they pack a whole lot of flavor, and they're very satisfying. Enjoy.



SCAN THE BOTTOM LEFT PHOTO TO SHOP AND SAVE THE RECIPES. SEE PAGE 4.

MOROCCAN OMELET

Prep: 10 minutes
Cook: 15 minutes
Serves: 1

- ¼ small onion, minced (about ¼ cup)
- ¼ cup low-sodium vegetable broth
- 8 grape tomatoes, halved, or quartered if large
- 1 tsp. fresh lemon juice
- 1 small clove garlic, minced
- ⅛ tsp. ground cumin
- Pinch each ground coriander, turmeric, cinnamon and black pepper
- ½ cup rinsed and drained canned chickpeas
- 1 large egg plus 3 large egg whites, beaten
- ¾ cup baby spinach
- ¼ avocado, sliced

1 In a nonstick skillet, cook onion in broth over low heat until translucent, about 6 minutes.

2 Add tomatoes, lemon juice, garlic, spices and chickpeas; cook, stirring ocassionally, until tomatoes have cooked down slightly, 3 to 4 minutes. Transfer to a bowl.

3 Wipe skillet and mist with olive oil spray. Pour in eggs, then spinach; cook until eggs set, 4 minutes.

4 Fold omelet; plate, top with chickpea mix and garnish with avocado.

PER SERVING: *394 Calories, 14g Fat (3g Sat.), 186mg Chol., 12g Fiber, 27g Pro., 42g Carb., 342mg Sod., 4mg Iron, 143mg Calcium*

BALSAMIC LENTIL QUINOA LETTUCE CUPS

Prep: 12 minutes
Chill: 30 minutes
Serves: 1

- 1½ Tbsp. balsamic vinegar
- 1 Tbsp. extra-virgin olive oil
- 1½ tsp. lemon juice
- 1 clove garlic, minced
- ⅛ tsp. celery seed
- Pinch black pepper
- ½ cup rinsed and drained canned lentils
- 1 plum tomato, diced
- ¼ small red onion, diced (about ¼ cup)
- ¼ yellow bell pepper, seeded and diced (about ¼ cup)
- 3 fresh basil leaves, chopped (about 1 Tbsp.)
- 3–4 Bibb lettuce leaves
- ½ cup cooked quinoa, cold

1 In a sealable container, whisk vinegar, oil, lemon juice, garlic, celery seed and pepper.

2 Add lentils, tomato, onion, bell pepper and basil; cover and gently shake to coat with dressing. Refrigerate for at least 30 minutes.

3 Fill lettuce leaves with quinoa, top with lentil mixture and serve.

PER SERVING: *404 Calories, 16g Fat (2g Sat.), 0mg Chol., 14g Fiber, 14g Pro., 52g Carb., 170mg Sod., 3mg Iron, 69mg Calcium*



GINGER SHRIMP WITH ALMOND SAUCE

Prep: 12 minutes
Cook: 14 minutes
Serves: 1

- ¼ small onion, minced (about ¼ cup)
- ½ cup low-sodium vegetable broth
- 1 clove garlic, minced
- ¼ red bell pepper, seeded and finely chopped (about ¼ cup)
- ½ cup whole snow peas
- ½ cup thinly sliced red cabbage (about ⅛ head)
- 1½ tsp. grated fresh ginger
- ⅛ tsp. turmeric
- ⅛ tsp. crushed red pepper flakes
- 2 Tbsp. unsweetened almond butter
- ½ cup cooked fresh or frozen lima beans
- 3 oz. cooked medium shrimp, peeled and deveined

1 In a skillet, cook onion in ¼ cup broth over low heat until translucent, about 6 minutes. Add garlic, bell pepper, snow peas and cabbage. Cook, stirring occasionally, until softened, 2 to 3 minutes.

2 Add ginger, turmeric, crushed red pepper, remaining ¼ cup broth and almond butter; stir until uniform. Add beans. Cook, stirring occasionally, until heated through, about 2 minutes.

3 Transfer bean mixture to a plate, top with shrimp and serve.

PER SERVING: *465 Calories, 18g Fat (2g Sat.), 179mg Chol., 13g Fiber, 35g Pro., 40g Carb., 915mg Sod., 5mg Iron, 227mg Calcium*

FOOD STYLING BY LIZA JERNOW/PLUM REPS; PROP STYLING BY WENDY SCHELAH FOR HALLEY RESOURCES

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Boost Your Bottom Line

Take your tush to the next level with a little help from our pro.

By **TRACY ANDERSON**



LET'S CLEAR SOMETHING up: A beautiful butt is not dependant on just your basic lunges and squats. There are so many exercises that are much more dynamic (like the sculptors on the next page) and that will actually hoist your bum higher and firm you up a lot faster back there. (They'll also help you get that "boom" my client J.Lo has been singing about recently!)

The important thing is to find exercises that target the deep six muscles—the piriformis, gemellus superior, obturator internus, gemellus inferior, obturator externus and quadratus femoris. Located underneath the glute, these small muscles not only strengthen your backside but are responsible for pulling everything back there in and up. Without them, you may succeed in stopping the dreaded jiggle, but you'll never get uplift.

Without Walls Water Drops Print Crisscross Sports Bra, $38; similar styles at withoutwalls.com. Under Armour UA HeatGear Alpha Novelty Capri in Carbon Heather, $40; ua.com. Nike Air Max Tailwind 7, $110; nike.com.

SCAN TO SHOP! *SCAN THIS PHOTO TO PURCHASE TRACY'S WORKOUT WEAR (LEARN HOW ON PAGE 4).*

STYLING BY KAREN SHAPIRO; HAIR BY SEBASTIAN SCOLARICI FOR SERGE NORMANT AT JOHN FRIEDA; MAKEUP BY HECTOR SIMANCAS USING DIORSKIN AT CROSBY CARTER MANAGEMENT

PHOTOGRAPHY BY NATHANIEL WELCH

4 ULTIMATE BOOTY BOOSTERS

Working your butt from all angles, which these sculptors do, ensures that your backside not only gets round and firm but lifted, too. And the recurring motion of extending the leg up and out calls upon those deep six muscles we talked about, while also adding a lever of resistance. (Make it harder: Add ankle weights.) Do them six times a week, plus 30 to 60 minutes of cardio.

Do moves 1 to 3 on the right, then the left; end with 1 set of move 4.

1. Alternating Back Kicks

Start on right hip, legs extended and right hand down. Bend right leg and tuck knee. Raise left leg (**A**). Roll onto left knee, place left elbow down and extend right leg back and up (**B**). Return to "A." Do 30 reps.



2. Sitting Stack Arabesque Kick

Start on left hip, sitting with hips stacked, both legs bent and left forearm on the floor (**A**). Roll onto left knee and place right hand on the floor; kick right leg back and up (**B**). Return to hip. Repeat move 30 times.



DAILY DERRIÈRE DO *Bad news: Sitting at your desk all day contributes to a downgrade in your assets (and overall health). Combat the flat by taking the stairs whenever possible—two at a time. While this won't replace your hour of focused exercise, you'll speed up results on your glutes and hamstrings.*

3. Flex-Foot Arabesque Kick

Start on all fours. Raise right foot off the floor, flex it and swing leg out to side, pulling knee forward and down toward right wrist (**A**). Bring leg back in, and then extend it back and up (**B**). Do 30 reps.





BONUS VIDEO
TO SHAPE UP WITH TRACY, SCAN THE PHOTO BELOW, OR GO TO HEALTH.COM/TRACY-ANDERSON.

4. Body-Roll Squat

Start with feet wider than hip-width apart, hands on hips (**A**). With a slight bend in knees, squat down, leaning torso forward as far as possible; stick butt out (**B**). Return to standing; curl pelvis in and then pop butt out. Repeat pelvis curl, then repeat "B" move. Do 30 reps.

***TRACY ANDERSON** is a fitness expert with more than 15 years of experience, the creator of the Tracy Anderson Method and star of more than 160 DVDs. Her clients include Gwyneth Paltrow, Jennifer Lopez, Victoria Beckham, Nicole Richie and Sienna Miller.*



Best. Day. Ever!

Harness your body's natural rhythms to feel better, think smarter and exercise harder, today and every day.

By **ESTHER CRAIN**

← Over the crack-of-dawn workout? Afternoon sweat sessions are actually better.

WOMAN, CLAIRE BENOIST/THELICENSINGPROJECT.COM

YOU KNOW THE expression "Timing is everything"? Turns out it applies to your health and happiness, too. Our bodies run on circadian rhythms—subtle but significant patterns in our physiological processes that repeat every 24 hours. These daily dips and surges are governed by the brain's internal clock (a group of brain cells inside the hypothalamus that are cued by changes in light) and affect everything from your flexibility and endurance to your metabolism and creativity, says Matthew Edlund, MD, director of the Center for Circadian Medicine in Sarasota, Fla., and author of *The Body Clock Advantage*. According to the emerging field of chronobiology, it's possible to capitalize on these cadences. By knowing when they happen, you can sync your schedule to your natural cycles and live every hour to the fullest.



7:00 A.M.
LET SOME LIGHT IN

Crack open the blinds and do a few stretches or sip your morning coffee in front of the window. "Sunlight signals the brain's pineal gland to stop producing melatonin, the hormone responsible for sleepiness, so you feel more alert," explains Steve Orma, PsyD, a psychologist in San Francisco who specializes in sleep disorders. Sunlight also speeds up a natural rise in body temperature that helps you feel increasingly clearheaded through the morning.

7:30 A.M.
STEP ON THE SCALE

Over the course of a normal day, you can gain up to 3 pounds in water weight—but you lose most of it overnight via sweat and bathroom trips. So for the most accurate (and flattering) read, weigh yourself in the a.m. after you've gone to the bathroom, suggests Alissa Rumsey, RD, spokesperson for the Academy of Nutrition and Dietetics.

8:00 A.M.
DON'T DELAY BREAKFAST

Eating 30 to 60 minutes after waking kick-starts your metabolism and a day of steady, efficient calorie burning, Rumsey says. But what you eat is key: A pastry or other refined-carb-heavy treat will cause your blood sugar to surge, then plummet, leaving you cranky and craving more food. To stay energized, you need a combo of fiber, fat and protein. (Think a veggie omelet wrap.)

10:00 A.M.
HAVE THAT PROCEDURE YOU'VE BEEN PUTTING OFF

If you need to go under the knife (say, for a biopsy or major dental work), now is the time. A 2006 Duke University study found that the odds of anesthesia-related complications are lowest between 9 a.m. and noon. One reason could be that doctors function at their highest mid- to late morning, during a natural peak in cognitive clarity.

11:00 A.M.
ACE A PRESENTATION

As your body temp crests, so does your mental energy, Dr. Edlund says: "You're sharper and more able to put thoughts together." Seize this hour to nail a pitch or power through a complicated report.

1:00 P.M.
CAVE IN TO YOUR FRO-YO CRAVING

Right after you finish a lunch with protein and healthy fats. The nutrients in a turkey-avocado sandwich, for example, will reduce the spike-and-crash effect of your mint chocolate chip, says Holly Phillips, MD, a women's health specialist in New York City. Bonus: Enjoying dessert after lunch rather than dinner means you have more time to burn off the added calories.

2:00 P.M.
HEAD TO THE POST OFFICE

Your body temperature is sinking now, so you may feel drowsy, says Robert Matchock, PhD, associate professor of psychology at Pennsylvania State University. According to one theory, this dip in energy can be traced back to our ancestors; it helped them sleep through the midday heat in Africa. No chance for a nap? Run some errands. Moving around will raise your temperature, Matchock says: "Exposure to the sun will give you an extra lift."

SCALE, CLAIRE BENOIST/THELICENSINGPROJECT.COM



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3:00 P.M.

UPDATE YOUR STATUS

Facebook's traffic spikes at this hour, making it the best time to connect with your friends. Our social activity ramps up later in the day, and this is when people start to reach out, Dr. Edlund explains.

5:00 P.M.

KICK BUTT AT SPIN CLASS

You're at the top of your game physically: Your body temperature is peaking, which means your joints and muscles are warmed up, Dr. Edlund says. Your hand-eye coordination is at its best. And your breathing is 18 percent more efficient than it was at noon, per a 2008 study in the *International Journal of Clinical and Experimental Medicine*. It's no wonder most Olympic records are set in the late afternoon.

6:30 P.M.

BROACH A TOUCHY SUBJECT

Along with an uptick in energy in the second half of the day comes a boost in mood and positivity—which can make swallowing bad news a little easier, Dr. Edlund notes. If you need to, say, bow out of a friend's wedding party, she'll take it best in the early evening.

7:00 P.M.

FINISH OFF YOUR LAST GLASS OF WINE

It's ideal to stop drinking at least three hours before lights out, Orma says, to allow time for the booze to be metabolized. "If you drink closer to bedtime, you'll likely experience restless sleep once the alcohol's depressive effects wear off and your nervous system rebounds," he says.

8:30 P.M.

RUN A BATH

Your body temp drops again at night, but for some people the drop is steeper, so they nod off faster and sleep more deeply, according to researchers at Cornell University. To stimulate a quick dive in degrees, Orma suggests emerging from a steamy soak in the tub two hours before bed.

9:30 P.M.

BRAINSTORM THEMES FOR THE CHARITY FUNDRAISER

As you wind down for the night, let creative sparks fly. A 2011 study in *Thinking and Reasoning* found that when you're less than 100 percent alert, you don't feel as inhibited and are more open to new ways of thinking that lead to novel ideas. (If you're a night owl, try brainstorming in the a.m.)

10:30 P.M.

TAKE YOUR ALLERGY MEDS

Due to fluctuations in hormones (such as cortisol) that affect immune response—and the fact that most plants release pollen shortly after dawn—your allergy symptoms are likely worst early in the morning, says Roger Emert, MD, an allergist-immunologist at NYU Langone Medical Center in New York City. But you can prevent sneezing and wheezing first thing in the a.m. by taking an allergy med like Claritin or Zyrtec before bed, Dr. Emert says. That way it's working when you wake, and you can start your day fresh. ■



THE BEST TIME OF THE MONTH TO...

Match these activities to your menstrual cycle (as long you're not on hormonal birth control).

GET A BREAST EXAM
The week after your period
▶ With estrogen rising and progesterone low, breasts tend to be less tender and lumpy, so masses are easier to find.

SCHEDULE A JOB INTERVIEW
The week before you ovulate
▶ Thanks to the influx of estrogen, you're feeling confident and capable, and your verbal communication skills are as sharp as ever.

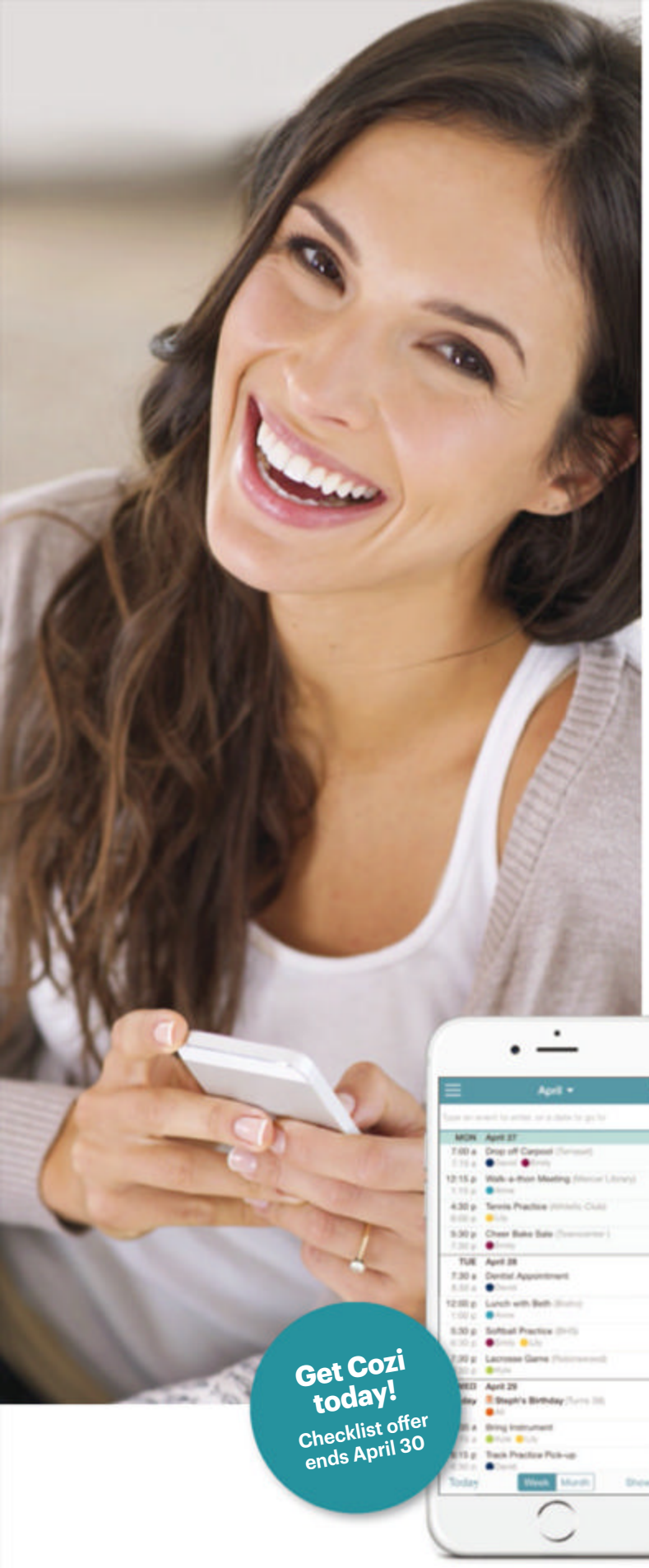
HAVE GREAT SEX
A few days before you ovulate
▶ "Testosterone is peaking, boosting your sex drive," says Rebecca Booth, MD, author of *The Venus Week*. And high estrogen has you feeling especially sexy.

TAKE UP MEDITATION
The week after you ovulate
▶ Progesterone is on the upswing now, which helps increase your serotonin levels so you feel calm and centered, Dr. Booth says.

QUIT SMOKING
Two weeks before your period
▶ A new study in *Psychiatry Journal* found that nicotine withdrawal and cravings are more bearable at this point in your cycle.

SOAP: RUBBERBALL/MIKE KEMP/GETTY IMAGES; MAGNIFYING GLASS ICON: RAKDEE/GETTY IMAGES; BRIEFCASE AND MEDITATION ICONS: VICTOR/GETTY IMAGES; LIPS ICON: BLAKE THOMPSON/THE NOUN PROJECT; NO SMOKING ICON: LUMPYNOODLES/GETTY IMAGES

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Health's medical editor, ***ROSHINI RAJAPAKSA, MD,*** is assistant professor of medicine at NYU School of Medicine and co-founder of Tula Skincare.

Our Doc Will See You Now

Can you OD on probiotics? Is low energy normal? What's up with post-waxing pain? Dr. Raj weighs in on these and other pressing questions.



Is it possible to take too many probiotics?

Since our bodies normally host upwards of 100 trillion bacteria, it's very hard to overdose on probiotics, or "good" bacteria. If anything, research suggests that eating lots of these bugs via fermented foods, like yogurt or sauerkraut, or supplements can help you maintain a healthy balance of intestinal microbes that aid digestion and keep your immune system strong.

Healthy adults can consume anywhere up to 20 billion CFUs of probiotics from food or supplements daily; there's a wide range because everyone's microbiome is different. To keep your gut in shape, work more fermented foods into your diet. If you want to add a supplement, ask your doctor for brands she recommends. For some people, a probiotic boost leads to bloating or diarrhea, so cut back if your stomach gets upset.

The one exception to all this: People with depressed immune systems—such as those with HIV, cancer or other illness—should talk to their physician before starting them. In rare instances, if your immune system is very weak, probiotics may cause a serious infection.

69%
OF READERS POLLED WOULD RATHER FORGO CHOCOLATE FOR A MONTH THAN GIVE UP THEIR CELL PHONES.

Can my fibroids ever turn into cancer?

Don't worry: True uterine fibroids do not develop into cancer, and having them doesn't up your risk of the disease, either.

Fibroids arise from the uterine wall; they often appear in multiples. As many as 25 percent of reproductive-age women may get them. In certain cases, fibroids can grow very large and lead to discomfort or pain. But for many people, they remain small and slow-growing and trigger only minor symptoms, like irregular bleeding, increased urination, bloating or longer periods—if they cause symptoms at all.

There are a variety of ways to deal with them. Many folks just wait; fibroids often go away on their own. Birth control pills help ease any bleeding or painful periods. Drugs called gonadotropin-releasing hormone agonists can shrink fibroids, though they're linked with side effects like hot flashes. If you have a lot of fibroids or large ones, though, your best option might be surgery, either a full hysterectomy or a less invasive procedure. To help you decide, your doc should consider your age, the size and number of your fibroids and whether you plan to get pregnant.

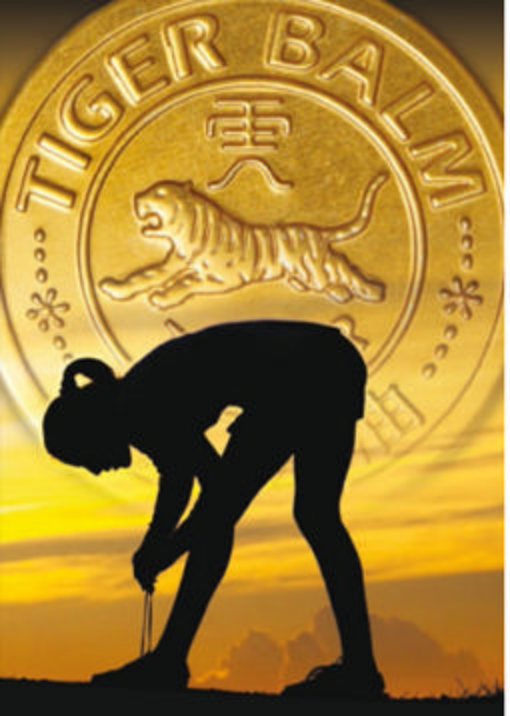
There is a rare type of cancer called a leiomyosarcoma that can initially be mistaken for a fibroid. But the good news is that far less than 1 percent of suspected fibroids turn out to be this type of malignancy.

Every time I get a bikini wax, I develop a nasty rash. How can I make it stop?

Of course, some post-wax redness is expected no matter what, but a few things can make the discomfort worse. First, without that protective layer of hair, skin can be irritated by rubbing against your clothes. To lessen the friction, wear loose, breathable undies and try not to touch the area for a day or so. Also, because waxing rips hair out at the root, it opens follicles, making them more prone to infection, aka folliculitis, which leads to red bumps or pustules that may itch (but mostly just look gross). For this, apply over-the-counter hydrocortisone cream to the area twice a day. And next time you get waxed, avoid swimming or taking long, hot showers (which keep pores open) for at least 24 hours. You can also apply a cool compress

HEAD SHOT COURTESY OF ROSHINI RAJAPAKSA

ILLUSTRATIONS BY KAGAN McLEOD



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with a few drops of alcohol-free toner when you get home to fight bacteria.

Finally, it's possible that you're allergic to the wax, which would cause a painful rash or breakout to appear a day later. Twice-daily hydrocortisone cream works for this, too. Ask your aesthetician to use a different wax next time to see if that helps.

I thought health insurance had to cover birth control, but my plan doesn't pay for the pill I'm on. Is that legal?

Thanks to the Affordable Care Act, new insurance plans must fully cover birth control, including pills, rings, IUDs and more. (Even female condoms are covered, but your doctor has to write a prescription for them for you to get reimbursed.) Your plan might be grandfathered, though, meaning it existed before the law passed, so the new rules don't apply. (Insurance plans will continue to lose this status, so it's likely a matter of time before yours changes.) There's a catch, however: Even for new plans, insurers are required to pay for at least one type of each method, but they don't have to cover every product in all categories. They might completely cover a generic version of your pill but require a co-pay for the brand-name one, for example.

Still, that doesn't mean you're stuck. Plans will pay for a specific product if there's a medical reason you need it. Your doc can help you request a waiver explaining why the pill you want is the best choice.

When should I see my doctor about my low energy?

In our go, go, go lives, it's not always easy to spot problematic lack of energy. But if you're sleeping a solid seven to eight hours a night and still feeling sluggish, that should raise a red flag. The best advice is to pay close attention to exactly how it feels so you can describe it to your doctor in detail. If your fatigue is more like weakness, for example, the problem might be your thyroid gland, which regulates energy levels; either an overactive or underactive thyroid can zap you. Blood tests will show if there's an issue, and your doctor can prescribe medicines that help.

More general daytime sleepiness or fogginess, on the other hand, is more likely related to stress or a lingering infection. Your doctor might order a sleep study to rule out sleep apnea, which causes your breathing to pause while you snooze. This can disrupt your z's, even if you don't notice. To treat it, your doctor might prescribe a mouthpiece or breathing machine so you can get good rest.

If you also have breathlessness, that's a possible sign of a heart condition like cardiomyopathy, a disease that causes overgrowth of the heart muscle. Treatment ranges from diet changes to surgery to remove tissue or implant a pacemaker.

Finally, if you feel apathy, too, that's a sign of depression or grief. Thankfully, most of the time persistent tiredness can be solved with a little detective work. ■



3 SURPRISING NATURAL PAIN CURES

Get rid of every ouch with these research-backed remedies.

1. LISTEN UP
Putting on some tunes you love can help soothe your aches, per a recent study in the journal *Plos One*. Researchers applied heat to people's skin in order to cause discomfort. Those who got to listen to their favorite songs reported less pain than those who listened to other sounds or silence, even when the researchers controlled for the placebo effect.

2. PRESS HERE
After giving people with recurring headaches a chance to try either muscle relaxants or acupressure, researchers in a 2010 study found that those in the acupressure group had less pain than those treated with pills. Try it: When you feel a head pounder coming on, apply steady pressure with both thumbs at the base of your head on either side of your spine on and off until you feel better.

3. FANTASIZE ABOUT FOOD
Next time you have killer menstrual cramps, try imagining chocolate ice cream or your mom's perfectly buttery mashed potatoes—a 2008 study found that food visualization worked better for pain relief than other imagery, like scenery, or walking around.

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Check out the numbers: One in five Americans use some form of tracking device.

Which Trackers Are Worth It?

These days, you can monitor everything from the number of steps you take to how many hours you sleep. Too much information? Find out what's truly helpful.

By **ALISON GWINN**

IF YOU DO IT, YOU CAN track it—not just how much you exercise and what you eat but when you meditate, how long you nurse the baby, even how often your toilet seat is up or down. In fact, the trend toward "monitoring your metrics" is growing exponentially. Seven out of 10 U.S. adults now self-track regularly, according to a 2013 study by the Pew Research Center Internet & American Life Project.

Sometimes self-tracking is just for the "gee whiz" factor (I checked my email 87 times today!). But for most folks, there's a real purpose. "Trackers are a way for people to listen to their bodies," says Robin Berzin, MD, a functional-medicine physician in New York City. "The technologies increase your awareness of your behaviors and encourage you to do things that we know work: walking more, eating better, meditating."

Question is, where do you draw the line between "good thing" and "too much of a good thing"? Experts advise that before you turn yourself into a series of spreadsheets, you form clear goals (like "I want to walk five miles a day" or "I want to lose 10 pounds"). "What matters is whether the data you gather helps you achieve goals and makes you happier. If not, don't do it," says Richard MacManus, author of *Trackers: How Technology Is Helping Us Monitor and Improve Our Health.*

You also don't want to waste your time crunching numbers that don't have a true payoff for your health. We asked experts when the navel-gazing is worthwhile.

Diet and Nutrition

There are no magic bullets when it comes to losing weight, but there is one practice that consistently results in pounds shed—recording what goes into your mouth. "Research shows that people who keep track of how much they eat lose twice as much weight as those who don't," says Jennifer McDaniel, RDN, spokesperson for the Academy of Nutrition and Dietetics. She suggests looking for a tracker that includes data on your favorite foods, as well as meals at popular restaurants. Ideally, it should also log your daily weight and offer a notes section to help you gain insight into emotional eating. Bonus if it allows you to connect with others—the more support you enlist, the more success you're likely to have—and syncs up with other apps (like your exercise tracker).

What to avoid? "Too many bells and whistles can deter you from using a device," McDaniel says. "So can a negative vibe, where all you see are the red marks you got for exceeding your calorie intake." And watch out for "selfies"—apps that let users enter

WOMAN, STEPHANIE RAUSSER/TRUNK ARCHIVE

their own nutritional info, which may not be accurate.

OUR TOP PICKS

- **MyFitnessPal** (free; iTunes and Google Play). It's popular for a reason: It has a calorie counter, a huge database of meals and an enormous active community—plus you can use it to log your workouts.
- **Lose It!** (free; iTunes and Google Play). In addition to features like a calorie counter, it connects with a number of activity trackers.
- **MyPlate Calorie Tracker** (free; iTunes and Google Play). Besides calorie counting, this app from Livestrong provides daily calorie goals, motivational tools and links to workout videos.

Fitness

The best fitness trackers can give you a starting point to work from (on a typical day, you walk only 5,000 steps), pinpoint weaknesses (you're a slug after dinner) and chart progress (you now run twice the distance you could a month ago!). Seeing improvement builds confidence, says Los Angeles celebrity trainer Lacey Stone, who says the simpler the tracker, the better. Derrick Delay, a trainer in Vancouver, Wash., agrees. He tells his clients to start by focusing on just one thing: "People can be more motivated to move if the information is not overwhelming."

Adds L.A. fitness and lifestyle consultant Ashley Borden, "Fitness trackers are helpful, but they're not for everyone. Ask yourself, 'How involved do I want to be? How much data do I really need to see?'" If you're already in touch with how much you're exercising, you might find that microtracking your workouts feels obsessive.

On the other hand, intricate feedback can be useful if you're a dedicated athlete with an ambitious goal—you're training for a marathon, say. In that case, advises Equinox Master Trainer Rachel Vazirelli, you're better off using a high-end device (for example, a bicycle power meter or something with a GPS tracker that measures distance and pace).

And like the treadmill proverbially being used as a clothes rack, fitness trackers are only as good as the time you spend using them. "If you're not motivated, they'll wind up collecting dust," says Michelle Segar, PhD, director of the University of Michigan's Sport, Health and Activity Research and Policy Center. On the flip side, Stone says, "don't get so caught up in the numbers that you lose track of making fitness fun!"

OUR TOP PICKS

- **Apple Health** (included in iOS 8). Always have your iPhone on you? This handy app uses your phone's motion sensors to monitor steps taken, distance walked or run and flights of stairs climbed. It syncs with other tracking apps and also works with the tracking features on the Apple Watch, available this spring.
- **Jawbone Up Move** ($50; jawbone.com). This wristband tracks daily steps taken and calories burned, and a "smart coach" mode measures the length of a workout.
- **Garmin Vivosmart** ($170; garmin.com). A wristband that tracks miles walked, calories burned and workouts. (Nice touches: periodic "Move!" nudges, plus a sleep alarm.)

Sleep

Forty-five percent of Americans say that poor z's affected their daily activities at least once in the previous week, per the Sleep Foundation's 2014 Sleep Health Index. Can trackers help? Yes—to a point. Most of them, including those built into many fitness trackers,

You can measure what?!

Turns out there's a tracker for just about everything, including:

Your sex life
▶ Apps like Passion and Nipple help you keep track of what sex acts you've engaged in, plus their duration and whether you and your partner climaxed. Nipple even lets you share (and compare) results on social media.

Your partner's honesty
▶ With mSpy, you can keep a careful eye on your guy, monitoring his call logs, text and phone messages, locations and browser history.

Your focus
▶ The wearable Necomimi ears (which resemble fuzzy cat ears attached to a headband) measure brain waves, then stand up when you're focused, wiggle when you're excited and droop when you're relaxed.

Your daughterly devotion
▶ If you have a tough time remembering to call your mother, Nextcall can help. It tracks how often you call the most important people in your life and lets you know when it's time to touch base.

Track yourself happy

Apps like Moodkit can help you tease out what makes you happy or sad—and maximize activities that boost your mood.



→ Hit pause: Too much information can take a mental toll.

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Web Review



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like Jawbone Up, keep a record of time spent in bed—but it's up to you to move the needle if that number falls short. The apps claim that, using motion-detection sensors, they can also help you see patterns of sleeplessness. (For example, those sore muscles from your new workout equal a night of wakefulness.)

"What trackers emphatically cannot do is measure the quality of your sleep—say, whether you have sleep apnea—or tell you what stage of sleep you're in, such as deep sleep or REM sleep," notes sleep researcher Hawley Montgomery-Downs, PhD, associate professor of psychology at West Virginia University. For that, you need to go to an overnight sleep lab.

OUR TOP PICKS

- **Sleep Cycle** ($1; iTunes and Google Play). Place your smartphone under your bottom sheet or mattress pad and the accelerometer will graph nighttime movements and supposedly awaken you at the best point in your sleep cycle. (Beware: The data from any under-mattress sleep detector can be affected by the movement of your bedmate.) Save the info on your phone to compare sleep patterns over time.
- **Basis Peak** ($200; mybasis.com). This wearable tool measures movement as well as heart rate, skin temperature and perspiration—giving you insight into your sleep duration and habits.
- **Withings Aura** ($300; withings.com). An under-mattress sleep sensor that measures movement, breathing cycles and heart rate pairs with a bedside device that measures sound, temperature and light (e.g., to help you see if your surroundings are too warm or bright for ideal sleep). ■

WOMAN, PETER CADE/GETTY IMAGES

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Sugar Confusion, Cleared

What's the difference between naturally occurring and added? Is fruit fine? Does eating sugar lead to diabetes? Here, the truth about all things sweet.

By **CYNTHIA SASS, RD**

NOWADAYS, WHEN PEOPLE meet me and hear that I'm a dietitian, the first thing they want to know is: What's the deal with sugar? No doubt, sugar is the diet villain du jour. You've probably seen some scary headlines calling sugar toxic and pointing to it as the source of all our health woes. But the real story is far more complex.

Sugar in large quantities is, in fact, a big threat to your health. For years, experts have been saying that eating too much of any food can up your diabetes risk because overeating leads to obesity, which is the real culprit behind skyrocketing rates of the disease. But recent research suggests that the sweet stuff may have a more direct impact: For every additional 150 calories of added sugar downed per person per day, the prevalence of diabetes rose by 1 percent, even after controlling for obesity, physical activity and calories from other foods, according to a large study looking at international data. When it comes to heart health, excess sugar is also suspect. People who ate the most added sugar more than doubled their risk of death from heart disease, a *JAMA Internal Medicine* study found.

Adding to the problem, sugar is hiding in many surprising products, such as oatmeal and peanut butter, and confusing food labels make it hard to know how much of it you're getting. So what's a girl to do?

Before you swear off everything from ice cream to strawberries, read my ground rules to satisfying your sweet tooth in the safest way possible.



Fiber in fruit helps slow digestion and keep blood sugar stable.

STRAWBERRY: MOMENT OPEN/GETTY IMAGES

TRUTH #1

Some kinds are better than others

It's key to know the difference between the two main types of sugar.

Naturally occurring sugar is found in whole foods, such as fruit, vegetables and dairy products. These foods tend to be better for you because they deliver fiber (in the case of produce), as well as protein and calcium (in dairy) and other important vitamins and minerals.

Added sugars are anything sweet put into a food for flavor, from the sugar in store-bought ketchup to the honey you spoon into your tea. (Yes, "natural" sweeteners count.) These sugars are concentrated and mostly devoid of nutrients. Although honey, maple syrup and the like have some healthful antioxidants and minerals, they still pack hefty doses of sweetener per spoonful. This means you get a lot of pure sugar—and calories—in a small portion, making it easy to go overboard and cause big problems. According to the American Heart Association (AHA), increases in sugar intake over the past four decades parallel our expanding waistlines, and studies have connected added sugar, *not* the naturally occurring kind, to heart disease and diabetes.

TRUTH #2

You have to read labels carefully

A lot of packaged foods contain both naturally occurring and added sugars. But the Nutrition Facts label lumps both kinds together, giving you one combined total. Last year, the FDA proposed separating the two to make it clearer how much of each type you're getting, but until those changes take effect, the easiest way to tell if sugar has been added is to scan the actual ingredients list. If you see sugar grams but no sweeteners listed, then none were added. If you do see any type of sweetener—including brown sugar, cane juice, corn syrup, maltose or fructose—make sure it's not the first thing listed. By law, ingredients must be in descending order of weight, so the higher up the added sugar, the more there is per bite. Also check for multiple types of sugar, which is a sneaky way food companies make something supersweet without telegraphing it on the ingredients list. (To figure out what you're getting, see Help! How Much Sugar Is Added?, page 92.)

But you can automatically slash your sugar load by ditching sweetened drinks, eating mostly whole foods instead of sugary snacks and buying more unsweetened versions of packaged foods.

TRUTH #3

The limits are low but doable

According to the AHA, women should have no more than 100 calories of added sugar per day (about 6 teaspoons). Yet the average woman gets 18 teaspoons a day! Most of our added sugar comes from sweetened drinks and packaged foods, and the



Whether you're sipping soda or green juice, you've got to keep an eye on the sugar load.

THE SWEET SPECTRUM

Check out the added-sugar count of these popular picks.



¾ tsp. *in 1 Tbsp. ketchup*

2¾ tsp. *in ½ cup sweetened applesauce*

3¼ tsp. *in 1 cup sweetened vanilla almond milk*

4¾ tsp. *in 4 strands of cherry licorice candy*

10 tsp. *in a 12-oz. can of soda*

SODA: WILLIAM CASTELLANA/GALLERYSTOCK; KETCHUP: STOCKFOOD CREATIVE/GETTY IMAGES; APPLESAUCE: SODA CAN: E+/GETTY IMAGES; MILK: PHOTOGRAPHER'S CHOICE/GETTY IMAGES; LICORICE: PHOTOLIBRARY/GETTY IMAGES



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Nutrition Facts label lists sugar in grams, not calories or teaspoons, so it's easy to lose track. Fortunately, there's a simple formula for counting up sugar from any source: Just remember that 1 teaspoon equals about 4 grams of added sugar. So if you add a teaspoon to your morning joe and later have a chocolate protein bar with 12 grams (3 teaspoons) of sugar, you have 2 teaspoons (8 grams) left for the day.

TRUTH #4

Natural doesn't mean free for all

Hardly any of us are inhaling too many servings of whole fruits and vegetables. But juices, smoothies and dried fruits are another story. Recently, a client was confused when I pointed out that her 15-ounce bottle of green juice contained more than 53 grams of sugar (and nearly 270 calories!). It's all fruits and veggies, she reasoned, so why care? One problem when you gulp your produce is that you're getting natural sugar without fiber (and it's fiber in fruit that slows down digestion and gives your body time to metabolize the sugar). As a result, you store the excess calories as fat. Fiber also prevents blood sugar spikes that can raise your risk of type 2 diabetes.

Dried fruit can be tricky, too; without water, the natural sugars become more concentrated. You can still enjoy it, but right-size your portion: One cup of fresh fruit equals ½ cup of 100 percent juice equals ¼ cup of unsweetened dried fruit. Now you're in control of your sugar calories. ■

HELP! HOW MUCH SUGAR IS ADDED?

To answer this question in the grocery aisle, simply compare the label of a sweetened food with its unsweetened version. Look over our chart to find out how some common cousins stack up.

PEANUT BUTTER	**1g** *in 2 Tbsp. unsweetened peanut butter*	VS.	**3g** *in 2 Tbsp. sweetened peanut butter*	
BOTTOM LINE ▶	**2 GRAMS OF ADDED SUGAR**			
OATMEAL	**0g** *in 1 packet of unsweetened oatmeal*	VS.	**12g** *in 1 packet of maple brown sugar oatmeal*	
BOTTOM LINE ▶	**12 GRAMS OF ADDED SUGAR**			
YOGURT	**6g** *in 1 serving of plain nonfat organic Greek*	VS.	**22g** *in 1 serving of caramel nonfat organic Greek*	
BOTTOM LINE ▶	**16 GRAMS OF ADDED SUGAR**			
GREEN TEA	**0g** *in a 16-oz. bottle of unsweetened green tea*	VS.	**30g** *in a 16-oz. bottle of sweetened green tea*	
BOTTOM LINE ▶	**30 GRAMS OF ADDED SUGAR**			

WHAT'S THE DEAL WITH THE GLYCEMIC INDEX?

In a nutshell, it's a gauge of how different foods affect blood sugar. When eaten alone or in large amounts, foods that rank high on the GI cause fast spikes in blood sugar, leading to a surge of insulin, a hormone that helps the body use or store blood sugar. Some say that sticking with low-scoring foods can help you shed pounds easily (no calorie counting required) or avoid diabetes, but that's an oversimplification. While some research suggests that people who down lots of high-glycemic picks have greater health risks, this is more likely because they're OD'ing on portions and loading up on processed foods with added sugars—cookies, graham crackers and soda tend to land near the top of the index. Many super-healthy eats *also* rank high on the scale, while some less nutritious fare falls low. One great example: watermelon. It's rich in healthy antioxidants like lycopene, and yet it's higher on the GI than sponge cake! If you're diabetic or prediabetic, consuming mostly unprocessed, low-GI foods may help you regulate your blood sugar levels. But for everyone else, focus instead on eating nutritious foods and creating balanced meals.

GI OH MY

SEE WHERE THESE FOODS TEND TO FALL ON THE SCALE.



Instant mashed potatoes
GI SCORE: 87



Sports drink
GI SCORE: 78



Watermelon
GI SCORE: 72



Whole-wheat bread
GI SCORE: 71



Popcorn
GI SCORE: 55



Sponge cake
GI SCORE: 46



Fettuccine
GI SCORE: 32



Black beans
GI SCORE: 30



Grapefruit
GI SCORE: 25



Hummus
GI SCORE: 6

MASHED POTATOES, HUMMUS, ISTOCK/GETTY IMAGES; SPORTS DRINK, GREENPIMP/GETTY IMAGES; WATERMELON, DIGITAL VISION/GETTY IMAGES; BREAD, CAKE, PASTA, E+/GETTY IMAGES; POPCORN, IMAGE BANK/GETTY IMAGES; BEANS, STOCKFOOD CREATIVE/GETTY IMAGES; GRAPEFRUIT, FIRST LIGHT/GETTY IMAGES



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What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. **Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.**

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.

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Brief Summary of Important Risk Information



NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
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What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

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Ease This Sneaky Source of Stress

How to take care of yourself while you're caring for others.

By **HALLIE LEVINE**



We're not called the sandwich generation for nothing. Almost a third of U.S. adults (29 percent) act as a caregiver for an ill, elderly or disabled relative, per the National Alliance for Caregiving. Of those, roughly 66 percent are female, many of them also caring for children at home. The role can take a serious toll on your health and well-being. There's of course the emotional strain, especially if you're caring for a relative with dementia or another illness that requires constant monitoring. Moreover, 17 percent of caregivers in an AARP report said that their own physical health had worsened from caregiving.

"Caregiving can be very isolating, is a job most people didn't apply for and never received proper training in and does not pay very well," says Jerri Rosenfeld, a social worker at Northern Westchester Hospital's Ken Hamilton Caregivers Center in Mount Kisco, N.Y. But you don't have to go it alone. Try these resources.

START WITH A SUPPORT GROUP

"Sometimes all you need is an opportunity to share your feelings and swap strategies in a nonjudgmental and supportive atmosphere," Rosenfeld says. Check to see if your local hospital, church or synagogue offers resources. Or try your town's rec center, which may have a senior or elder program that also gives caregiver support.

FIND THE RIGHT ONLINE HELP

About 25 percent of family caregivers seek support online, whether in discussion forums or on social media channels like Facebook, according to a 2011 Caring.com survey. Look for groups that focus on just caregivers, not ones that combine patient and family. "You need to be able to be frank about your own issues, feelings and concerns without worrying about hurting someone else's feelings," Rosenfeld explains.

A few places to get started: Caring.com features caregiver support groups for a wide range of conditions (including Alzheimer's, diabetes, cancer, MS and Parkinson's) at caring.com/support-groups. AARP's online caregiving resource center (aarp.org/home-family/caregiving) offers a space to connect to others facing issues around caregiving for the elderly; so does the caregiver support section at AgingCare.com (agingcare.com/caregiver-support).

KEEP A JOURNAL

It's a safe place to write out your thoughts, even if they don't make any sense, Rosenfeld says, and research shows that journaling can help relieve stress. Try a gratitude journal, where you jot down everything that you're grateful for; a venting diary (self-explanatory!); or a reminiscence log, where you record memories of your loved one.

ORGANIZE WITH AN APP

Apps for caregivers alleviate stress by helping you stay on top of the details. You can, for example, track appointments and medications and take notes at office visits. A good one to try: CareZone (free; iTunes and Google Play).

STEAL TIME FOR YOU

"Often a caregiver brings in her loved one for an appointment and just sits in the waiting room, when she could be taking a quick walk outside or phoning a friend," Rosenfeld says. Set aside time for things that nourish you; simply sipping your coffee on your patio for an extra 15 minutes can help renew your energy.

"People frequently say, 'You need to take time for yourself so you can be a better caregiver,' but they've got it completely wrong," Rosenfeld says. "You need to take time for yourself because you're a human being."

Want to help a friend?

You may not be tending to aging parents yourself—but chances are you know someone who is. Instead of just saying vaguely, "Let me know if there's anything I can do," offer to take on specific jobs, like helping to watch her kids or bringing dinner once a week. Even better: Allow her to tell you exactly what she needs. StandWith (free; iTunes), a new app from F*ck Cancer founder Yael Cohen, enables users to post not just updates but also tasks they need done (buying groceries, giving rides, etc.) so that folks know what will *really* help.



WOMAN, ALICE ROSATI/FOLIO-ID.COM

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1) Enhanced glutathione levels in blood and buccal cells by oral glutathione supplementation. J.P. Richie. Published in the European Journal of Nutrition, May 2014

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I Crowdsourced My Pain...

...and it worked! This is what you can learn from my adventures in social media self-medication.

By **ELLEN SEIDMAN**

IN RECENT YEARS, I'VE turned to Facebook and Twitter friends for advice on everything from finding the best sushi restaurants to handling relatives gone bonkers. So when I was stricken with one of the most debilitating conditions I have ever experienced, I did the logical, 2015 thing: I crowdsourced my frozen shoulder.

About a year ago, my left shoulder began hurting inexplicably. Arm movement grew increasingly restricted until one day I could no longer reach my hand fully upward or behind my back. Never before had the words *Can you unhook my bra?* been so unsexy.

#OUCH

An orthopedist diagnosed me with frozen shoulder. It's sometimes caused by an injury, she noted. I hadn't had one but, hmm, I *had* overzealously trimmed some hedges. (Suburbia: dangerous to your health.) Frozen shoulder starts with inflamed soft tissue around a joint that ultimately loses range of motion. The condition is more common in women over 40 and people with diabetes, and it's said to affect up to 5 percent of the population. If you tell your 9-year-old you have it, she will sing "Let It Go" from *Frozen* just to be funny.

Exercises the orthopedist gave me helped improve movement but not the pain, which made me grouchy; it felt like someone was stabbing my arm with an ice pick. Comedian and fellow FS sufferer Ricky Gervais, appearing on David Letterman, described crying on the floor in agony after playing with his cat. I knew what he meant; certain movements unexpectedly brought tears to my eyes.

I flung open the car door. *Whoa, that hurt.*

I reached into the fridge for a jar of pickles. *OMG.*

I sneezed. *$%@!!!*

So I visited a chiropractor, who spied my work tote and lifted it. "That's not a bag—that's a weapon!" he said, noting that it caused extra shoulder strain. D'oh! My Rx: a comfy Vera Bradley backpack, shopping therapy at its best. Next I started physical therapy, consisting of muscle manipulation followed by neuromuscular electrical stimulation—basically, vibrating pads. My

SPEECH BUBBLE: HIROSHI WATANABE/GETTY IMAGES

arm felt better when I left the session, but by the next day it was killing me again.

#HELP.ME.

Traditional tactics, including prescription anti-inflammatories, weren't alleviating the chronic pain. Finally, I turned to social media for salvation. I posted on Facebook and Twitter that I wanted to remove my frozen left shoulder, and had anyone ever dealt with that? Instantly, I got 20-plus responses. "Have you tried a cheap little TENS unit?" someone asked, a mini version of the machine at physical therapy. I checked with the PT, who said it might help. (So why hadn't *he* recommended it?!) I chose a highly rated one on Amazon, just 33 bucks. The buzzing felt good.

Showering was a challenge, sleeping even more so; I couldn't get comfortable. While roaming Facebook, I discovered Frozen Shoulder Friends, a private group. I joined, and as I read posts, relief flooded through me. Members even had a name for those flashes of pain: *zingers*. I asked for sleep advice. Most popular response: on your side, hugging a pillow. Yes! Oh, yes! Also good: a heated bag of rice. Instead, at bedtime I applied a nuked buckwheat-hull pack. The heat loosened my muscles a bit.

I browsed online patient communities and posted questions. One person suggested rubbing in lavender essential oil, which has analgesic and anti-inflammatory properties. It helped. I learned to put a tennis ball in a sock, stand with my back to a door and rub my shoulder up and down over it to ease stiffness.

I have deep respect for medical experts. Yet in turning to real-people pros, I tapped into the vast wisdom of been there, soothed that. In fact, 72 percent of Web users say they have searched for health info, per the Pew Internet Project. I found it therapeutic, too, to hear from those who had "thawed."

Not all suggestions worked. For one, I refused to sleep sitting up in an armchair. Downing jalapeño poppers to reduce inflammation: just, no. An ex-colleague on Facebook raved about Rolfing, a soft-tissue manipulation technique. The two sessions didn't do much for me. Worse, the practitioner said I was "discomfort averse." I wanted to slug him with my buckwheat-hull pack.



Social media also came in handy when I outsourced complaining. (You can moan to your family only so much.) I vented on Frozen Shoulder Friends about everyday stuff that hurt, like applying deodorant, washing my hair and...living. One woman posted a video of herself trying to remove a shirt, and we all LOL'd.

Crowdsourcing made the pain manageable, but still, I wanted a cortisone shot to improve my ability to actually move my arm. I checked with my frozen Facebook peeps, and the majority said it worked. So I went for it, and I heard the angels singing. The pain was gone. I could do my exercises without gritting my teeth.

Frozen shoulder can take up to two years to heal. My range of motion is slowly improving. Over on Frozen Shoulder Friends, a woman boasted, "I just undid my bra!" Me, I can't wait. Maybe I'll even take a video. ■

FIND YOUR RELIEF.COM

Online patient communities enable sufferers to share symptoms, questions and treatments. "People in these groups trade the sort of daily living advice doctors may not have time to give these days," says Lisa Gualtieri, PhD, an assistant professor at Tufts University School of Medicine who specializes in tech and health. "You just need to use your judgment. Getting advice on sleeping is one thing, supplements is another." Popular communities:

- **MDJunction** has hundreds of support groups, for issues from allergies to breast cancer.
- **Healing Well** is another virtual community for sharing tips and virtual hugs.
- **AskAPatient** features patient-submitted reviews of medications.
- **HealtheTreatment** is a collection of patient experiences and ratings for drugs, treatments and procedures. It also lists clinical trials.
- **PatientsLikeMe** gathers user data and compiles treatment and symptom reports for a variety of health conditions.

THUMBS UP: HIROSHI WATANABE/GETTY IMAGES



A USER'S MANUAL

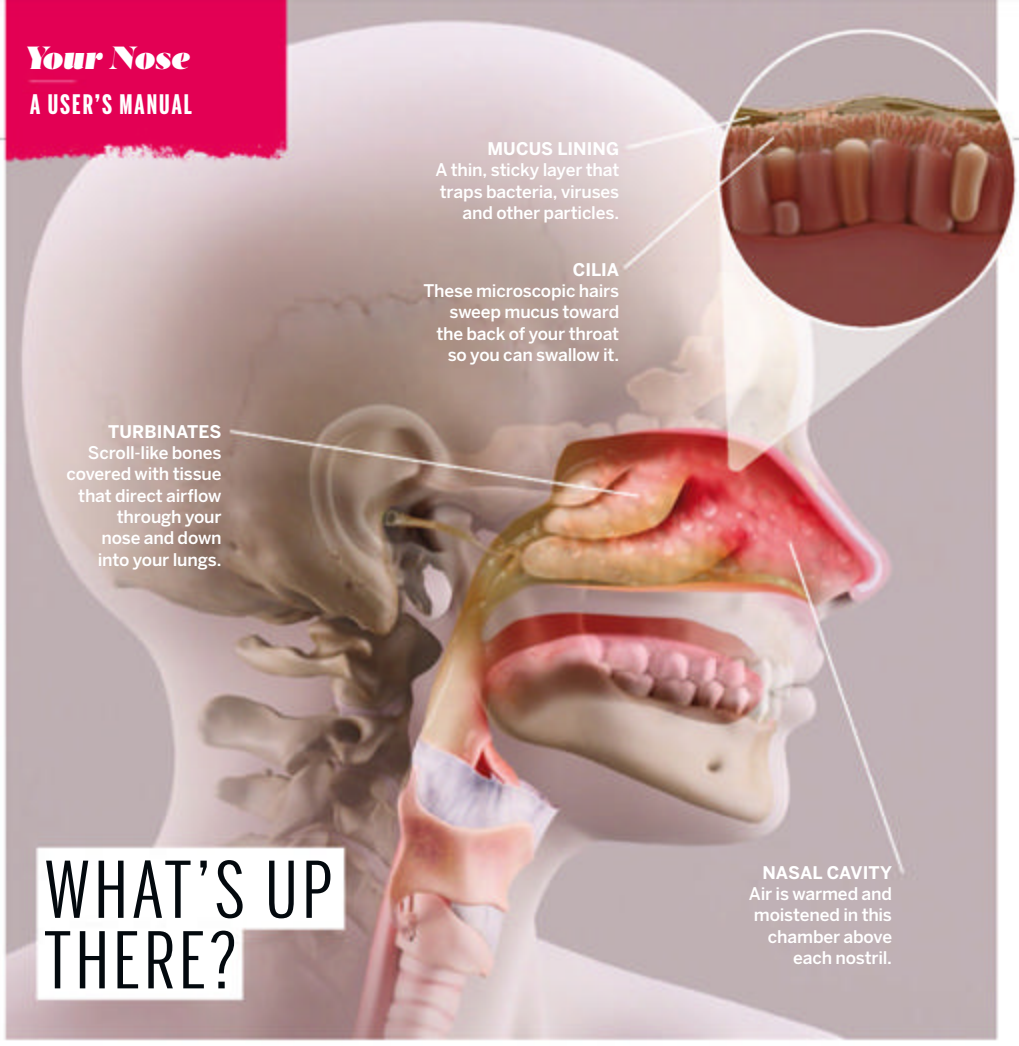
Your Nose

Clear your head with this insider's guide to allergies, infections and other nasal woes.

By **HALLIE LEVINE**

LET'S FACE IT: YOU DON'T THINK MUCH about your nose—except when you're battling allergies or a cold and it's tough to think about anything else (gesundheit!). But from controlling your sense of taste and smell to providing a steady stream of mucus that helps filter the air you breathe, your nose and sinuses do some pretty impressive work—which is why you feel so miserable when they're all stuffed up. Read on to learn what you really ought to know about your beak.

NOSE: KUTLU/TRUNK ARCHIVE



WHAT'S UP THERE?

SECRET No. 1

HUMANS ARE DESIGNED TO BE NOSE BREATHERS

When you breathe through your nose, "turbinates—spiraling ridges inside your nasal cavity—force air deeper into your lungs than when you breathe through your mouth," says women's health specialist Christiane Northrup, MD. "That means the air reaches more of the blood vessels that carry oxygen to the rest of your body." Another perk: Nerves in your nose activate the parasympathetic nervous system, which slows your heart rate and reduces stress hormones. If you're not in the habit of inhaling nasally, Dr. Northrup recommends leaving Post-its around your home to remind yourself to do it more often. Stick one in your sneakers, too: Nose breathing is also helpful when you're exercising, especially outdoors, where your nose filters pollen and pollutants.

40

THE AGE AT WHICH SENSE OF SMELL HITS PEAK ACCURACY. WOMEN OF ALL AGES ARE BETTER THAN MEN AT IDENTIFYING ODORS.

SECRET NO. 2

A deviated septum is actually a thing

In most people, the wall dividing the nasal cavities is slightly off-center; usually, that's no big deal. But if your septum is severely shifted, it could increase your risk of nosebleeds and sinus infections, explains Richard Lebowitz, MD, director of the division of rhinology at NYU Langone Medical Center. You may be able to manage your symptoms with a nasal rinse and steroid spray and a decongestant when you have a cold. If not, you might be a candidate for a septoplasty, an outpatient surgery with a two-day recovery. One rare but troubling complication: Some patients experience a permanent decline in their sense of smell.

nose 911!

How to handle these three common emergencies, stat.

NOSEBLEED
Use your thumb and index finger to pinch your nostrils shut for 5 to 10 minutes, says Dr. Lebowitz. That should do it. If not, spritz both nasal passages with a decongestant spray containing oxymetazoline (like Afrin) and pinch again for 10 minutes. Still bleeding? Get to your doc's office or the ER.

FOREIGN BODY
Cheerios, marbles, crayons—pediatricians and ER docs have seen it all. If you think your little one has shoved something strange up her nose, gently press the empty nostril closed and ask your kid to blow gently. If that doesn't work (or she doesn't understand), call her doctor immediately or simply head to the hospital.

BANGED-UP NOSE
Dial 911 if the bleeding won't stop, clear fluid is draining out, you have difficulty breathing or your nose looks crooked or misshapen, Dr. Lebowitz says. Otherwise, apply a cold compress for 10 to 15 minutes four to six times a day, and pop ibuprofen for the pain and swelling.

DROP ICON, RAKDEE/GETTY IMAGES; CRAYON ICON, APPLEUZR/GETTY IMAGES; HAMMER ICON, VICTOR/GETTY IMAGES

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SECRET NO. 3

IT'S POSSIBLE TO OVERDO IT ON THE NETI POT

Some people swear by this teapotlike device, which has been used for centuries to get rid of sinus gook. But while it does thin out mucus, flushing your sinuses could have a detrimental effect if done too often, research suggests. "It's possible that too-frequent washings remove not only mucus but also protective bacteria," says Michael Benninger, MD, chair of the Head and Neck Institute at the Cleveland Clinic. Rinse only when you're battling allergies or mild congestion from a cold—not every day. Use distilled or boiled (and then cooled) water; tap water may contain micro-organisms that are potentially deadly when they enter your body through your sinuses. And after each use, wash your pot with soap and distilled water, then let air-dry.



The solution flows through your nasal cavities, cleaning out mucus and allergens.



Mucus is typically thin and clear. You barely notice it—until you get sick.

SECRET No. 4

WE ARE MUCUS MACHINES

The average American produces a liter a day. Cells in the lining of your nasal passages and sinus cavities (known as goblet cells) secrete the slimy stuff. When you have a cold, your immune system floods your mucus with white blood cells, which contain an enzyme that causes snot to thicken and turn yellowish, then green, Dr. Benninger says. If your mucus gets too thick, it may gunk up your sinuses, creating a breeding ground for bacteria. You can loosen it with a saline rinse and open your airways with an over-the-counter decongestant spray.

ah-ah-ah-choo!

This is what happens when you inhale an allergen.

1 *Pollen (or pet dander or another harmless particle) gets caught in the mucus lining of your nasal passages.*

2 *Your immune system mistakes it for a threat. Antibodies attach to cells in the mucus lining called mast cells.*

3 *Mast cells release histamine, which triggers blood vessels to swell, causing sneezing, congestion and general misery.*

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NATURAL RELIEF

Six runny-nose remedies worth trying, courtesy of Melinda Ring, MD, medical director at the Osher Center for Integrative Medicine at Northwestern Medicine in Chicago.



ACUPUNCTURE
Hay fever sufferers who had 12 sessions over eight weeks experienced mild improvement in symptoms, a 2013 German study found.



BUTTERBUR
The herb works just as well as the OTC allergy med cetirizine, according to a *BMJ* study. (Participants took 8 milligrams four times a day.) "It blocks the action of inflammatory chemicals released in response to an allergen," Dr. Ring explains.



SALINE RINSES
Either via a neti pot or a spray, rinses help flush out excess mucus and reduce eosinophils, white blood cells that cause nasal inflammation, Dr. Ring says.



CAPSAICIN
This compound, found in chili peppers, seems to help fight congestion when used in a nasal spray. An OTC product called Sinus Buster offered significant relief to participants in a 2011 University of Cincinnati study.



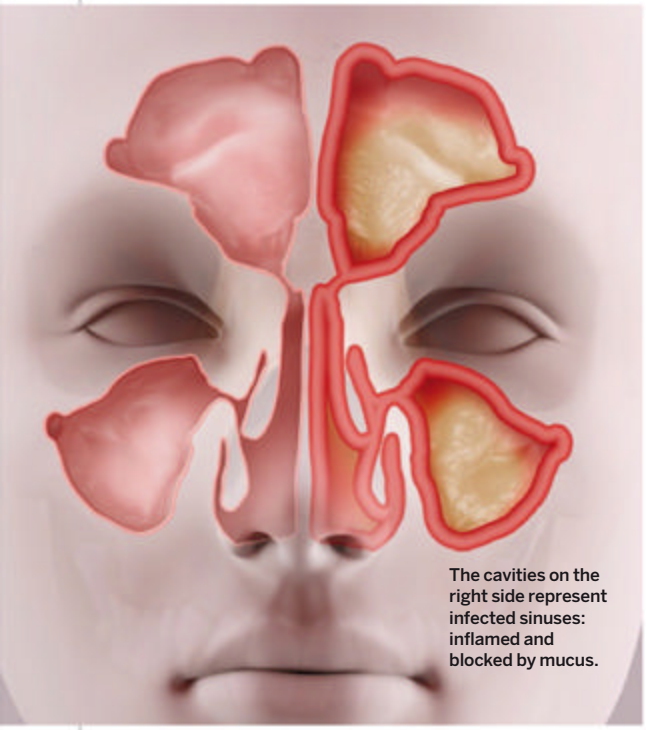
LEAFY GREENS
Research published in *Public Health Nutrition* revealed that people who ate the most carotenoid-rich foods (like spinach, kale and collard greens) suffered the fewest nasal allergy symptoms.



EUCALYPTUS OIL
It acts on receptors in your nasal mucous membranes to reduce congestion, says Dr. Ring, who recommends adding a few drops to a cup of boiling water and breathing in the steam for 5 to 10 minutes.

30%

THAT'S HOW MUCH MORE LIKELY A SUFFERER OF ALLERGY SYMPTOMS IS TO GET MIGRAINES. THE GOOD NEWS: RESEARCH HAS FOUND THAT ALLERGY SHOTS CAN REDUCE THE CHANCE OF DEVELOPING A HEADACHE BY NEARLY 50 PERCENT.



The cavities on the right side represent infected sinuses: inflamed and blocked by mucus.

SECRET No. 5

MOST SINUS INFECTIONS DON'T REQUIRE AN RX

The eight sinus cavities in your skull are lined with tissue and usually filled with air. (Their main job is to filter and moisturize each breath you take.) But when sinus tissue swells in response to a pathogen, allergen or some other irritant, the cavities can fill with fluid and become infected. As many as 20 percent of antibiotic prescriptions in the U.S. are written for these infections. But the reality is, more than 90 percent of cases are caused by viruses, which means antibiotics have no effect on them. "Most patients would respond well to conservative measures like saline rinses and nasal steroid sprays," says John Krouse, MD, chair of the department of otolaryngology–head and neck surgery at Temple University School of Medicine. You probably don't need anything stronger than that unless your symptoms last longer than a week, or you've got a fever higher than 101.5 degrees and feel severe pain and pressure above your eyes and behind your cheekbones. In that case, you should check with your doctor to see if a first-line antibiotic treatment might be helpful, Dr. Krouse says.

SNEEZE OVERSEAS? YOU'LL HEAR THIS



Salute!
Italian
for "health"



Nazdravlje!
Bosnian
for "to your health"



À tes souhaits
French
for "to your wishes"



Kihe a mauli ola
Hawaiian
for "sneeze and live"



Na zdrowie
Polish
for "to your health"



Saúde
Portuguese
for "bless you"



Prosit
Swedish
for "to your health"

ACUPUNCTURE, ISTOCKPHOTO; BUTTERBUR, NEIL FLETCHER/GETTY IMAGES; SALT, MICHAEL GRIMM/GETTY IMAGES; PEPPERS, JOE BIAFORE/GETTY IMAGES; CHARD, WIN-INITIATIVE/GETTY IMAGES; EUCALYPTUS, JUSTIN LIGHTLEY/GETTY IMAGES; ITALIAN FLAG, CHOKKICX/GETTY IMAGES; BOSNIAN AND FRENCH FLAGS, ENCYCLOPAEDIA BRITANNICA/UIG/GETTY IMAGES; HAWAIIAN FLAG, JENNIFER BORTON/GETTY IMAGES; POLISH AND PORTUGUESE FLAGS, DORLING KINDERSLEY/GETTY IMAGES; SWEDISH FLAG, PAPER BOAT CREATIVE/GETTY IMAGES



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HEART HEALTHY

You don't have to go to Harvard to figure out a fistful of pistachios is more satisfying than a few measly flavored tortilla chips. It did, however, take a recent Harvard study to suggest eating nuts seven times a week or more is as healthy as it is smart. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart-friendly. So get crackin'. And get snackin' with smarts.

Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12333



Chronic sinus infections can permanently diminish your ability to detect flavor.

WHY CAN'T I TASTE ANYTHING WHEN I'M STUFFED UP?

Your perception of flavor comes from your senses of both taste and smell. When you eat or drink, aroma compounds are released in your mouth. Those molecules pass through an opening that connects your throat to your nose, where they stimulate a patch of olfactory receptor neurons that communicate with your brain. "But if the channel is blocked by mucus, olfactory signals can't get to your brain," Dr. Lebowitz says, "and everything tastes a little like wood."



SECRET NO. 6

Some noses run for no apparent reason

There's a name for this very real condition: nonallergic rhinitis. It affects up to 25 percent of people. The congestion and drip may get worse around your period, thanks to surges in hormones that inflame blood vessels in the nose and make them more sensitive to irritants. Other triggers include odors (think fragrances and household chemicals) and some meds. Whatever the cause, it's important to treat the symptoms (see right). Chronic congestion ups your risk of chronic sinusitis.

SECRET No. 7

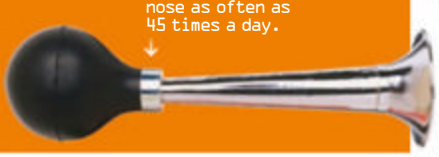
YOU NEED TO MATCH YOUR SINUS MED TO YOUR SYMPTOMS

The right OTC drug depends on the cause of your stuffed-up snout. Here's what to use when.

PROBLEM	TRY	WHAT IT DOES	WARNING
You've got a cold.	A decongestant such as pseudoephedrine or phenylephrine	Shrinks swollen blood vessels in nasal membranes, opening air passages	Because they're chemically related to adrenaline, decongestants act as stimulants. Skip these drugs if you have high blood pressure.
You've got allergies.	An antihistamine like Clarinex or Allegra	Blocks a chemical that triggers allergic symptoms, like a runny nose and sneezing	Don't pop one when you're sick. "It will dry up your head, which actually makes it harder for your nose to get rid of mucus," Dr. Lebowitz says.
You've got nonallergic rhinitis.	A nasal steroid spray such as Nasonex or Flonase	Reduces mucus production and inflammation. (It can also treat allergy symptoms and nasal polyps.)	Don't confuse nasal steroid sprays with decongestant sprays (like Afrin); overuse of those have been linked to rebound congestion after the drug wears off.

keep honking

Blowing your nose helps clear mucus from your nasal passage, but be gentle."Too much pressure can cause ear or sinus pain," Dr. Lebowitz says. His tips: Spritz in some saline nasal spray to help the mucus flow out. And then blow through both nostrils at once.



When you have a cold, you may blow your nose as often as 45 times a day.

CUP, ELINOR CARUCCI/TRUNK ARCHIVE; FAUCET, D-BASE/GETTY IMAGES; HORN, DORLING KINDERSLEY/GETTY IMAGES


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Spoiler alert: The star of *Mom* is as laid-back and lovely as you'd expect. Just don't correct her workout form.

By Alison Prato
Photography by Matthias Vriens-McGrath
Fashion by Isabel Dupré





“Do you have anything you’re craving?”

Anna Faris asks, looking over the menu. We’re at her regular sushi spot in Los Angeles, located just down the road from the Hollywood Hills home she shares with actor Chris Pratt, her husband since 2009, and their 2½-year-old son, Jack. “Whatever you’re up for,” I say, and so she orders a smattering: bluefin toro, baked crab rolls, a yellowtail tasting, tuna and lobster soba pasta—Jack’s favorite. “I love sushi so much, but I just can’t bring myself to eat it healthy-style, as you can see. Do you mind if I carbo-load on you?”

One thing is abundantly clear within the first five minutes of meeting Anna: She is not your typical famous actress. Although she’s constantly in the public eye, thanks to her hit CBS sitcom, *Mom,* now in its second season, she isn’t about to stop living the life she loves. She eats. She drinks. And she’s not interested in the Next Big Diet fad, whether it be a cleanse or a gluten-free craze.

This isn’t to say she isn’t healthy, because she is—and she looks super fit in her skinny jeans. The 38-year-old just does health in her own way, preferring hikes over classes and meat that her hunting-enthusiast husband has killed himself (like antelope sausage, their breakfast this morning) over a vegan tofu scramble.

Maybe it’s because she was raised nearly 1,200 miles away from Los Angeles, in Edmonds, Wash., by a special education assistant teacher mother and a sociologist father. In 2000, she got her big-screen break, starring in the horror film parody *Scary Movie*—and, later, three of its four sequels. Along the way she has killed it in drama (*Brokeback Mountain*), comedy (*The House Bunny*) and even award-show hosting (*People’s Choice Awards*). So what’s next up? Baby gates! Chris put together Jack’s toddler bed too early and now they need more barriers, stat.

Anna’s Favorite Things

In my bag at award shows: Lip gloss, powder and tissues (not for crying, but for sweating)

Ultimate app: Shopbop

Go-to hair products: Bumble and Bumble Prêt-à-Powder and Klorane Dry Shampoo

Must-have makeup: Dual-purpose items, like Nars The Multiple in Na Pali Coast

Beauty trick: Velcro rollers on days off instead of heat on the hair—they cause less damage and give great volume

Favorite TV show: *Parks and Recreation*—it’s the final season

Favorite movie: *Overboard,* with Goldie Hawn, is my sick-day movie

Can you eat what you want or do you have to watch it?
I do kind of have to watch it, but things are working in my favor right now. My job is so physical. I just don’t have time to sit down. I’ll get, like, a 15-minute break to eat a little bit, and then they’re like, “C’mon, we have to go!” The other thing is that Chris is on a diet, which is helping me.

Chris has become famous for transforming his body for roles. Has your body ever changed dramatically?
Yeah, I definitely gained a bit of weight with my pregnancy. I love to cook big, fattening meals. I make a really good roast chicken with homemade croutons that are fried and delicious. I used to be able to spend all day making a meal—drinking wine, cooking and watching television. That was the best way to spend a Saturday. Right now, I’m chasing Jack all day long. As he gets older, I’m sure I’ll find it trickier to keep the weight off because we’ll start to sit down for meals. And Chris won’t let me cook those meals for him anymore. It’s just sad. [*Laughs*]

After you had Jack, did you feel pressure to snap back into shape?
I think I would have felt a lot of pressure if we had had a really “normal” experience. But because he was two months premature and we were so scared, I don’t remember thinking too much about that.

That must have been hard.
Jack’s doing so well—I think that’s why we can talk about it now a little bit. He’s just so happy, bright and funny. For a while I thought maybe I’d be a stay-at-home mom for a couple of years. But in Hollywood, it’s not as though it’s always a choice, you know? You feel very little control over the trajectory of your own career. That said, one of the great things about *Mom* is that when we did the pilot, I was a little heavier than maybe I would’ve liked, but I never felt any pressure from [creator] Chuck Lorre or CBS to be fit. Sometimes, studios are kind of delicate the way they approach that. They’ll say, “We got you a gym membership” or “We’re gonna pay for your trainer.” And you’re like, “OK…I guess that means they want me to lose weight.” [*Laughs*]



Opening pages: Lela Rose dress; neimanmarcus .com. Norma Kamali swimsuit; normakamali .com. Ruthie Davis sandals; ruthiedavis .com. Bracelet by Mitchel Primrose; mitchelprimose.com. Ring, Anna's own. This page: H&M wrap dress; hm.com. Jimmy Choo sandals; jimmychoo .com. Bracelet by Mitchel Primrose; mitchelprimrose .com. Earrings by Cara Croninger; etsy.com for similar styles.

Do you guys want to have more kids?
We want to, very much so, but it will definitely be a whole new complication because now I'm, like, a high-risk pregnancy, so it requires some different monitoring. My doctor's like, "I don't think you'll have to be on bed rest the *whole* time." And I'm like, "I'm on a show."

Were you on bed rest?
I was for a week, but that was *after* my water broke. I was having an uneventful, happy pregnancy, and so it was really a huge surprise that my water broke in the middle of the night. I wish we didn't have this biological clock. I'm thinking we have to start talking about it, looking at all kinds of options. I'm so lucky that I have a partner in Chris who's in the same industry and really understands what's required of me in terms of time commitment. But I was like, "Oh man, this s--t is f---ing hard." And there's your headline for this story!

What's the key to maintaining a happy family life while the paparazzi constantly follow you around?
We're pretty low-key. We stay at home a lot. I don't know if my husband would necessarily agree, but most of them are pretty nice guys, just trying to make a living, and a lot of them are apologetic.

Like, "Sorry, but just give us the shot and we'll go"?
Yeah, if you're nice to them. I think some celebrities are so mean to them and resent them so much. I mostly feel scared just going out without makeup on. But at the same time, I don't want it to force a lifestyle change. Some people I work with wish that I would start dressing nicer. [*Laughs*] They're like, "Can you please not wear sweatpants everywhere you go?" So this is very dressed up for me today. But yeah, the scary part is that vulnerability of like, "Oh man, I'm gonna be in 'Stars Without Makeup' again!"

Is that a thing?
Yes! And I'm usually in there somewhere. [Paparazzi] are a part of the job Chris and I don't really understand, maybe because we both grew up in Washington State. We're definitely thinking about moving away when we can, a few years from now. Maybe Northern California, or Oregon, or Washington. Chris is a country boy. He really wants land, and I do, too. I love the idea of having horses, even though I don't really know how to ride or take care of them!

What are your favorite ways to pamper yourself?
I'm all surface. [*Laughs*] I make sure my roots are good—although right now they're not. I would love to be in a place where somebody comes to my house and just, like, spray-tans me and does my roots. But I just don't have the patience for it. I don't want to spend my free time doing that stuff. Even with massage these days, I'm like, "Ugh." I like to unwind with some wine and movies, and spend time with Chris and Jack.

Besides wine, do you have a go-to drink?
I love gin and tonics, and I like beer. I drink the light beers and the crazy draft stuff. But in L.A. people don't really drink beer. And I also love champagne. Those are my vices.

Speaking of which, do you have any health regrets?
I wish that early on I had been more careful with my body when it came to stunts, especially in the silly comedies, like *Scary Movie*. I'm not a particularly coordinated person, but we didn't necessarily budget in a stunt double, so they'd be like, "Why don't you try it first? It's much funnier if we see *you* getting hit in the face." Now I would be like, "No, no, no. That might break my nose."

Are you a yoga person?
I want to do yoga, which is so good for me, but when I have to be quiet, I just kind of go crazy. I put mental pressure on myself, like, "Am I supposed to be feeling something? My mind is not clear. My mind is not clear."

What workout moves do you loathe?
All of them. When I work out with Chris at home, we go through a little routine. He has me do lunges and stuff, and the lunges get hard after a while. It's really frustrating when someone you love is telling you how to improve your form!

When do you feel sexy?
Probably at home with my husband. He makes me feel really beautiful even when I'm feeling disgusting. I'll be in boxer shorts and a grubby T-shirt with greasy hair, and he'll still be like, "Whoa, honey. *Whoaaa*."

When do you feel your absolute happiest?
Yesterday Chris and I took Jack to the train museum. There were paparazzi, but we were just like, "It's an odd thing that's happening, but let's not stress or stress Jack out." At one point, Chris turned to me and said, "I don't think I've ever been happier in my whole life." And I felt the same way.





On motherhood: "From the get-go it was like, 'I'm just going on instinct here.'"

Jonathan Simkhai sweater; jonathansimkhai.com. Bracelet by Mitchel Primrose; mitchelprimrose.com.



SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE THE ITEMS IN THIS STORY (LEARN HOW ON PAGE 4).



Opposite page: Xinnatex tank top; xinnatex .com. Baldwin shorts; baldwindenim.com. This page: Norma Kamali top; normakamali .com. Longchamp skirt; neimanmarcus .com. Bracelet by Mitchel Primrose; mitchelprimrose.com.

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CREAMY THREE-MUSHROOM WHOLE-WHEAT PASTA

(recipe on page 140)

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 4.



Recipes developed by Lori Powell

Photography by Travis Rathbone



SPELT SPAGHETTI ALL'AMATRICIANA

(recipe on page 140)

PASS THE PASTA

Quinoa. Spelt. Kamut. The latest noodles are nutritious, delicious and super filling. How can you *not* have some?

Brown Rice

What's it like? Soft texture; tastes like... brown rice
Best for: Any pasta dish—baked, sautéed or cold in salad

SPRING PEA PASTA SALAD

Prep: 20 minutes
Cook: 20 minutes
Serves: 6

- 2 tsp. salt
- 2 cups fresh green peas, or 1 10-oz. box frozen, thawed
- 1 cup frozen shelled edamame, thawed (about 5 oz.)
- 2 cups sugar snap peas (about 6.5 oz.)
- 3 Tbsp. fresh lemon juice
- 3 Tbsp. white wine vinegar
- 2 tsp. Dijon mustard
- 4 Tbsp. extra-virgin olive oil
- 1 shallot, finely chopped (about ¼ cup)
- 2 Tbsp. chopped fresh tarragon or dill
- ½ tsp. freshly ground black pepper
- 12 oz. tube-shaped brown rice pasta, such as caserecce or penne
- ½ cup crumbled soft goat cheese or feta

1 Bring a large pot of water to a boil. Have ready 2 bowls of ice water. When water boils, add 1 tsp. salt, peas and edamame and bring back to a boil. Cook until tender, 3 to 4 minutes. Using a slotted spoon or sieve, transfer vegetables to a bowl of ice water. Add sugar snap peas to pot of water and bring back to a boil. Cook until just tender, about 30 seconds. Transfer to other bowl of ice water, reserving boiling water. Once vegetables are cold, drain well. Cut sugar snap peas into fourths crosswise.

2 In a serving bowl, whisk together lemon juice, vinegar and mustard. Add oil in a slow stream, whisking until thickened and well combined. Stir in shallot and tarragon. Season with 1 tsp. salt and ½ tsp. pepper.

3 Cook pasta in reserved pot of boiling water until al dente, about 12 minutes or according to package directions. Drain pasta well and immediately transfer to bowl with vinaigrette. Add vegetables and cheese. Gently toss together until pasta is well coated. Season with additional pepper, if desired. Serve at room temperature.

PER SERVING: *411 Calories, 14g Fat (3g Sat.), 11mg Chol., 6g Fiber, 12g Pro., 57g Carb., 669mg Sod., 6mg Iron, 114mg Calcium*

STIR IT UP

Brown rice pasta tends to stick together while cooking, so stir frequently. (Color varies among brands.)



SPRING PEA BROWN RICE PASTA SALAD

Kamut

What's it like? Similar texture to regular pasta; buttery, slightly nutty flavor
Best for: Any pasta dish—baked, sautéed or cold in salad

PASTA WITH BROCCOLI RABE AND SAUSAGE

Prep: 15 minutes
Cook: 25 minutes
Serves: 6

- 2 Tbsp. extra-virgin olive oil
- 12 oz. hot or sweet Italian turkey or chicken sausage, casings removed
- 1 small onion, finely chopped (about 1 cup)
- 1 Tbsp. minced fresh rosemary
- 1½ tsp. salt
- 1 1¼-lb. bunch broccoli rabe, trimmed, leaves and stems chopped
- 2 cloves garlic, minced
- ¼ tsp. crushed red pepper flakes
- 12 oz. Kamut spiral pasta or orecchiette
- ½ cup low-sodium chicken broth
- ½ cup finely grated Grana Padano or Parmesan

1 Bring a large pot of water to a boil. In a large nonstick skillet, warm oil over medium-high heat. Cook sausage, stirring and breaking up lumps, until golden brown, about 3 minutes. Add onion, rosemary and ½ tsp. salt. Reduce heat to medium and cook, stirring, until tender, about 3 minutes. Stir in broccoli rabe, garlic and red pepper flakes and sauté until broccoli rabe is tender, 5 to 8 minutes, adding broccoli rabe by handfuls if skillet is too full. Remove skillet from heat.

2 Add 1 tsp. salt and pasta to boiling water. Stir and cook until pasta is al dente, about 10 minutes or according to package directions. Reserve ½ cup cooking water; drain pasta.

3 Add broth, ¼ cup cheese, pasta and cooking water to skillet. Cook over medium heat until liquid has reduced and coats pasta, about 3 minutes. Divide pasta among bowls, sprinkle with remaining ¼ cup cheese and additional red pepper flakes, if desired, and serve.

PER SERVING: *410 Calories, 13g Fat (3g Sat.), 48mg Chol., 7g Fiber, 27g Pro., 48g Carb., 764mg Sod., 4mg Iron, 159mg Calcium*

(continued on page 140)



KAMUT PASTA WITH BROCCOLI RABE AND SAUSAGE

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 4.

Food styling by Liza Jernow/Plum Reps

Prop styling by Wendy Schelah for Halley Resources



Chic Pink *SURPRISINGLY FLATTERING, A ROSY SHADE BRIGHTENS EYES BY NEUTRALIZING DARK SHADOWS.*

All eyes on... YOU

ONE SIMPLE WAY TO CHANGE UP YOUR LOOK: SPRING'S PRETTY SHADOWS. A FEW SWIPES OF COLOR GIVE YOU A WHOLE LOT OF WOW.

By Holly Dawsey



Sexy Tropicals

YOU? WEAR BLUE? YES! IT LENDS THAT BEAUTIFUL JUST-BACK-FROM-VACAY LOOK.

CHIC pink

Trace matte brown shadow along the outer "V" of the eye—from crease to lash line—then dust subtle shimmery pink on lids to create depth, says New York City celebrity makeup artist Kristofer Buckle. Finish with rosy cheeks and lips. **OUR PICKS** (**1**) Clarins Ombre Matte Cream-to-Powder Eye Shadow in Earth, $24; clarinsusa.com. (**2**) Mirabella Pink Blossom Eye Lights, $28; mirabellabeauty.com. (**3**) Clé de Peau Beauté Satin Eye Color in Pink Gold, $45; cledepeaubeaute.com. (**4**) Maybelline New York Master Glaze Glisten Blush Stick in Just-Pinched Pink, $10; at mass retailers.

GLAM neutrals

Sweep a rich metallic from your lash line up to the crease and buff with a shadow brush. Then warm up your complexion with bronzer for a total goddess effect. **OUR PICKS** (**5**) Illamasqua Pure Pigment Eye Shadow in Berber, $26; illamasqua.com. (**6**) Nars Dual Intensity Eyeshadow in Subra, $29; narscosmetics.com. (**7**) NYX Infinite Shadow Stick in Rose Gold, $5; nyxcosmetics.com. (**8**) Physicians Formula Argan Wear Ultra-Nourishing Argan Oil Bronzer, $15; at mass retailers.



SCAN TO SHOP! *SCAN THE PHOTO ABOVE TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 4).*

SEXY tropicals

Sea shades like aqua and turquoise make eyes cast a glow and seem brighter. Blend shadow over your lid, then smudge along the lower lash line with a shadow brush. Apply a couple of extra coats of mascara, Buckle says: "It diffuses a bright hue like fishnet stockings, making it wearable." (Relax, colorphobes!) Now all you need is nude lip gloss. **OUR PICKS** (**9**) MAC Cosmetics Eye Shadow in Freshwater, $16; maccosmetics.com. (**10**) Iman Cosmetics Perfect Eye Shadow Pencil in Deception, $10; walgreens.com. (**11**) Chanel Glossimer Lip Gloss in Sweet Beige, $30; chanel.com. (**12**) L'Oréal Paris Silkissime Eyeliner by Infallible in True Teal, $9; at mass retailers.

PREVIOUS SPREAD: PINK, FRAUKE FISCHER IKEDA/BLAUBLUT-EDITION.COM; TROPICALS, MARA DESYPRIS/FOLIO-ID.COM. THIS SPREAD: NEUTRALS, STEPHANE COUTELLE/TRUNK ARCHIVE

STILL PHOTOGRAPHY BY LISA SHIN


Glam Neutrals
SPARKLE WITH DESERT METALLICS LIKE RICH COPPER AND BURNT AMBER.

GET A BALA BODY



Balance doesn't just look impressive in yoga class—it's crucial to staying strong, fit and injury-free. Here's how to build it up, starting today.

BY A.J. HANLEY



◀ Dynamic stretches help boost balance and agility,

YOU SWAY



while in Tree pose and wobble in Warrior 2. You're still young and strong, yet your balance just isn't there. What gives?

"Balance is something we take for granted," notes Gunnar Peterson, a personal trainer in Beverly Hills, Calif. Though often associated with warding off falls in the elderly, the ability to maintain your center of gravity is essential for everyone. "Think about walking on the beach or wearing heels," Peterson says. "That's a balancing act if I've ever seen one."

Equilibrium is complex, involving sensory input from the eyes and inner ears—as well as information from sensory receptors called proprioceptors, located in the muscles, tendons and joints. Together with the muscles of your limbs and core, these sensors tell your body where your limbs are in space and allow you to maintain and change your position without losing your balance.

While age is a factor in diminished balance, it's not the only one. The more you sit and the less active you are, the more your balance will deteriorate, Peterson says: "It's a use-it-or-lose-it situation." But regular workouts aren't a stay-steady guarantee. "You can be in good shape but have horrible balance," notes exercise physiologist and fitness expert Michelle Lovitt, who sees some of the fit celebrities she works with struggle with stability.

Being a single-minded exerciser—only taking spin class or clocking treadmill miles, say—is partly to blame. "Consistently limiting your range of motion promotes a lack of body awareness and balance," explains Faheem Mujahid, owner of and master trainer at InFluence Atelier in Miami. "Left untreated, that causes a weakening of certain muscles and the overuse and fatigue of others, which can lead to injury." In a review of studies published in *Medicine & Science in Sports & Exercise,* balance training was found to reduce the risk of ankle sprains by 36 percent. Other research shows that it can help enhance athletic performance, improving muscle reaction, sprint times and strength—all of which come into play when, for example, lunging for a ball on the tennis court.

Fortunately, you can boost your brain-body connection at any time. "Start by changing up your workouts so you're not overdoing one exercise form," Lovitt says. Keep yoga in the mix: A recent review found that it can help with balance.

And turn just about any standard exercise into a balance challenger by adding an element of instability—e.g., lifting one foot as you weight train or running on a soft surface—or incorporating different planes of movement. "Many exercises work in a sagittal plane, meaning you're moving straight ahead," Peterson says. "Adding angles causes you to shift your weight, which fires up the supporting muscles in your core and lower body in your effort to remain upright."

To steady yourself and score body benefits (better posture and fabber abs!), do balance moves daily, Peterson says. He designed the seven on page 133 to pump up your proprioception and muscles so you can react faster in unstable situations. Do two sets of each exercise in sequence three times a week, and soon you'll feel much more confident in Crow pose, on the tennis court—and, yep, in stilettos.

PLAYFUL WAYS TO BUILD BALANCE

To hone your skills outside the gym, "you need to challenge your balance every day," says Richard W. Bohannon, professor in the physical therapy program at the University of Connecticut. "Do things as you would have when you were 10 years old." Some ideas:

Get a leg up

▶ Put on your socks or pants while you're standing, and try brushing your teeth while lifting one foot.

Take it to your toes

▶ With a hand on a chair for support, bring your feet together and slowly lift your heels until you're on your toes; hold for 30 seconds. When that becomes easy, balance without holding onto the chair, or do it with your eyes closed.

Walk the line

▶ Pretend you're on a tightrope. Hold your hands out to your sides at shoulder height and walk heel to toe in a straight line for as long as you can.

PREVIOUS AND THIS SPREAD: WOMAN, 727INC.COM/FOLIO-ID.COM



TEST YOURSELF!

"The single limb stance is used by physical therapists to detect balance impairments," Richard W. Bohannon says. One way to do it: Time yourself as you stand on one foot with your arms folded across your chest. Hold for 30 seconds; stop timing if your foot touches the ground or your body leans more than 45 degrees. Repeat with your eyes closed and try to hold the pose for 15 seconds. "By closing your eyes, you lose visual input and must rely on proprioception to stay grounded," Bohannon explains. Retest yourself every few weeks to measure your improvement.

Got ankle issues? Balance moves may help. ▲

THE BEST STABILITY GEAR

Adding an element of instability to workouts can activate more muscles, particularly in the core, per a review in *The Journal of Strength and Conditioning Research*. Include one of these tools in your regular workout routine to stay on firm footing.

BOSU Balance Trainer

▶ This half-sphere ball has a flat surface that tips and wobbles when you stand on it, forcing your core to work harder to remain upright.

Airex Balance Pad

▶ Your body weight makes your bare feet sink into this foam mat, upping the difficulty of squats and calf raises.

Stability ball

▶ Doing resistance moves or sitting on this oversize ball demands serious core strength to keep from rolling over.

Balance board, wobble board or Indo Board

▶ Typically featuring a nonslip plank atop a rubber ball or roller, these gadgets require you to make small corrections to stay balanced without letting the board tip from side to side.

Medicine ball

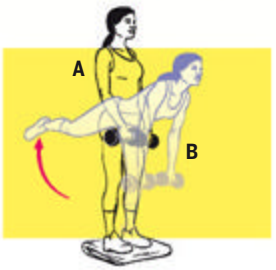
▶ Catching this orb—which comes in a variety of weights—boosts balance and may help prevent falls, says new research from the University of Illinois at Chicago.



Hula-Hooping ▶ builds balance and a stronger back, according to research.



WOMAN, GAETAN CAPUTO/BLAUBLUT-EDITION.COM



1. Single-leg dumbbell deadlift

Balance benefit: The towel increases instability; lifting one foot requires you to contract and strengthen the weight-bearing leg for steadiness.

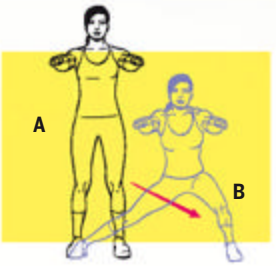
Stand on a folded beach towel with legs together, holding a pair of dumbbells in front of thighs (**A**). Hinge forward at hips, keeping back flat as you lower weights and lift right leg (**B**). Reach forward until hands are about 8 inches in front of left foot. Pause, then push body back to start. Do 12 reps and repeat on opposite side.



2. Split squat

Balance benefit: Lining up your feet minimizes your base of support, forcing you to engage supporting muscles to stay upright.

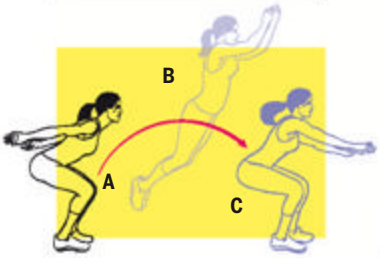
Position left foot about 2 feet in front of right foot and place hands on hips (**A**). Keeping core tight, bend knees to lower body straight down until front knee is bent 90 degrees. Don't let front knee slide over toes or back knee touch the floor (**B**). Return to start by pushing up with front leg. Complete 12 reps, then repeat on opposite side.



3. Lateral lunge

Balance benefit: Shifting your body weight from side to side engages supporting muscles—your glutes, hamstrings and hip flexors—to maintain your position.

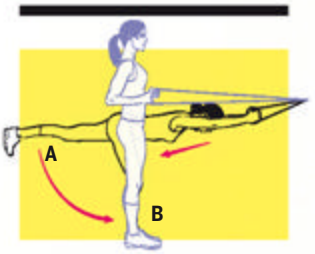
Stand with feet together, arms straight out in front of you (**A**). Step out to the left, bending left knee about 90 degrees as you push hips back and lower down (**B**). Push up to return to start. Complete 12 reps, then repeat on opposite side.



4. Broad jump

Balance benefit: Explosive motions like this prompt your abdominal muscles to fire in order to stabilize you.

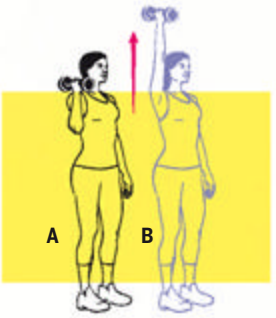
Stand with feet shoulder width apart and arms up. Swing arms behind you as you bend knees and push hips back (**A**). Swing arms forward as you drive feet into the floor, push hips forward and explode forward off the floor (**B**). Land on your feet and drop down (**C**). Do 12 reps.



5. Single-leg row with band

Balance benefit: Resistance pulls you forward; engaging your core and upper body keeps you in alignment.

Wrap a resistance band around a fixed object and stand in front of it, an end in each hand. Hinge at hips, swinging left leg back until arms, head, torso and leg are as close to parallel as possible (**A**). Rise to stand, squeezing shoulder blades and lowering left leg to the floor as you pull band back (**B**). Do 12 reps, then repeat on opposite side.

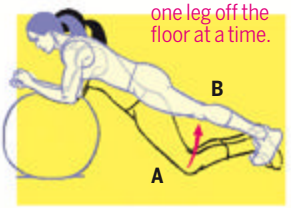


6. Single-arm overhead press

Balance benefit: With an uneven load and feet positioned together, your core muscles have to work harder to keep you upright.

Stand with feet together, holding a dumbbell in right hand just above and outside right shoulder, palm turned toward you (**A**). Push dumbbell up and slightly forward into a Y position (**B**). Return to start and repeat 12 times without pausing. Repeat on opposite side.

▼ Make it harder: Lift one leg off the floor at a time.



7. Stability ball plank

Balance benefit: To maintain a solid posture on a movable object, you need to make small adjustments that require greater muscle activation.

Kneel in front of a stability ball and place forearms on top, fingers interlaced (**A**). Tighten core and lift knees off the floor into a plank, forming a line from head to heels. Keep shoulder blades pulled down and tighten glutes (**B**). Hold for 30 seconds, then repeat.

ILLUSTRATIONS BY REMIE GEOFFROI

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GREAT food



Get your herbs on

Herbs pack a health punch. Rosemary may help fight cancer, thyme can ease coughs, parsley is loaded with vitamin K to aid healing and sage can soothe anxiety.

Hero Ingredient: Olive Oil!

Use this Mediterranean-diet mainstay to turn all kinds of dishes into taste and health standouts.

SLOW-ROASTED ORGANIC CHICKEN WITH PARSLEY, SAGE, ROSEMARY AND THYME

(recipe on page 138)

PHOTOGRAPHY BY MARK JORDAN

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 4.



BLISTERED BROCCOLI WITH GARLIC AND CHILIES

Prep: 15 minutes
Cook: 10 minutes
Serves: 4

- 1 head broccoli, cut into 16 pieces
- ¼ cup extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- 1 tsp. crushed red pepper flakes
- Juice and zest of 1 lemon
- Sea salt

1 Preheat a cast-iron griddle or large skillet over high heat. Place broccoli on dry griddle and char until blistered on 1 side. Turn and char other side. Transfer to a large heatproof bowl.

2 In a separate large skillet, warm oil over medium heat. Add garlic and red pepper flakes and cook, stirring frequently, until garlic is golden brown, about 2 minutes. Pour oil mixture over broccoli and turn to coat. Let marinate for 10 minutes. Drizzle with lemon juice and season with salt and lemon zest. Serve hot or at room temperature.

PER SERVING: *179 Calories, 15g Fat (2g Sat.), 0mg Chol., 4g Fiber, 5g Pro., 12g Carb., 196mg Sod., 1mg Iron, 78mg Calcium*

Char the veggies!

Almost-but-not-quite burning certain veggies deepens flavor as the sugars caramelize. You're charring just the outside, so you still get fresh, juicy flavor inside. It also works with arugula, lettuce and chard.

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 4.

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PORTUGUESE POTATOES

Prep: 20 minutes
Cook: 25 minutes
Serves: 4

- **4 large Idaho potatoes, washed, dried and cut into 1-inch chunks**
- **5 cloves garlic, chopped**
- **2 shallots, chopped**
- **2 Tbsp. paprika**
- **¼ cup olive oil**
- **Sea salt and freshly ground black pepper**
- **¼ cup chopped parsley**
- **Juice of 1 lemon**

Preheat oven to 350°F. In a large bowl, combine potatoes, garlic, shallots, paprika and oil. Season with salt and pepper. Toss to evenly coat. Spread potatoes in a single layer on a baking sheet. Roast until tender and crisp, about 25 minutes. Transfer to a bowl and toss with parsley and lemon juice.

PER SERVING: *445 Calories, 14g Fat (2g Sat.), 0mg Chol., 7g Fiber, 9g Pro., 74g Carb., 172mg Sod., 5mg Iron, 77mg Calcium*

Fresh is best

Look for brands of olive oil with a harvest date; grab the most current one. It may have a stronger flavor and even a trace of bitterness—both signs of good quality.

(pictured on page 135)

SLOW-ROASTED ORGANIC CHICKEN WITH PARSLEY, SAGE, ROSEMARY AND THYME

Prep: 15 minutes
Cook: 1 hour
Stand: 15 minutes
Serves: 6

- **2 Tbsp. extra-virgin olive oil**
- **1 Tbsp. paprika**
- **1 Tbsp. sea salt**
- **1 tsp. garlic powder**
- **1 3½- to 4-lb. organic roasting chicken**
- **½ cup fresh parsley leaves**
- **½ cup fresh sage leaves**
- **½ cup fresh rosemary**
- **½ cup fresh thyme**
- **1 lemon, quartered**
- **4 cloves garlic**
- **2 shallots, chopped**

1 Preheat oven to 450°F. In a small bowl, mix together oil, paprika, salt and garlic powder until a paste forms; rub it liberally on inside and outside of chicken. Stuff cavity of chicken with parsley, sage, rosemary, thyme, lemon quarters, garlic and shallots. Truss chicken.

2 Set chicken on a rack in a roasting pan and roast until juices run clear and internal temperature of chicken at its thickest part (the thigh) registers 165°F, 50 to 60 minutes. Remove pan from oven and baste chicken with juices that have collected on bottom of pan. Let rest for 15 minutes. Carve at the table, or cut into 8 pieces before serving.

PER SERVING: *373 Calories, 28g Fat (7g Sat.), 115mg Chol., 0g Fiber, 29g Pro., 1g Carb., 883mg Sod., 2mg Iron, 19mg Calcium*



Adapted from Good Fat Cooking, *by Franklin Becker and Peter Kaminsky. Copyright © 2014 by Franklin Becker. By permission of Rodale Books.*

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 4.

PASTA WITH PROTEIN POWER



Barilla ProteinPLUS™ is ready to fuel the whole family. With 17g of protein* from all-natural vegetarian ingredients, Barilla ProteinPLUS™ is the delicious, wholesome pasta that pumps them up.

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*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).

(continued from page 123)

Whole-Wheat

What's it like? Sturdy texture; earthy, nutty flavor
Best for: Any pasta dish—hot or cold in salad

(pictured on page 120)

CREAMY THREE-MUSHROOM PASTA

Prep: 25 minutes
Cook: 30 minutes
Serves: 6

- 2 Tbsp. extra-virgin olive oil
- 2 leeks, white and pale green parts only, halved lengthwise and sliced
- 2 medium shallots, finely chopped
- 1½ tsp. salt
- ½ tsp. freshly ground black pepper
- 8 oz. shiitake mushrooms, stems discarded, caps sliced
- 8 oz. cremini mushrooms, stems trimmed, sliced
- 8 oz. oyster mushrooms, stems trimmed, cut into 1-inch pieces
- ⅔ cup dry white wine
- 10 oz. whole-wheat pappardelle
- ½ cup low-sodium chicken broth
- ¼ cup mascarpone
- ¼ cup chopped fresh parsley

1 Bring a pot of water to a boil. In a large nonstick skillet, warm oil over medium-high heat. Add leeks and shallots and sprinkle with ½ tsp. each salt and pepper; sauté until tender, 5 minutes. Add mushrooms; sauté until cooked down, 7 minutes. Pour in wine; simmer until reduced by half, 2 minutes. Remove skillet from heat.

2 Add 1 tsp. salt and pasta to boiling water. Stir and cook until pasta is al dente, 9 minutes or according to package directions. Reserve ½ cup cooking water; drain pasta.

3 Add pasta, cooking water, broth, mascarpone and parsley to skillet. Cook over medium-low heat, stirring, until liquid has reduced and pasta is well coated, 3 minutes. Season with additional salt and pepper, if desired.

PER SERVING: *376 Calories, 15g Fat (6g Sat.), 23mg Chol., 9g Fiber, 13g Pro., 51g Carb., 333mg Sod., 4mg Iron, 84mg Calcium*

Spelt

What's it like? Tender texture; mildly nutty flavor
Best for: Sautéed dishes (it can fall apart when baked)

(pictured on page 121)

SPAGHETTI ALL'AMATRICIANA

Prep: 10 minutes
Cook: 30 minutes
Serves: 6



ROASTED GARLIC, ARTICHOKE AND ASPARAGUS QUINOA PASTA

THE PERKS OF ALTERNA-PASTA

QUINOA
Contains more protein than any other grain; it's a complete protein, meaning it delivers all the essential amino acids.

KAMUT
This ancient variety of wheat (technically called khorasan wheat—Kamut is a brand name) boasts omega-3s, along with magnesium and zinc.

BROWN RICE
It's gluten-free and a great source of B vitamins.

SPELT
Also an ancient grain, it's rich in protein, fiber, iron, B vitamins, magnesium and zinc.

WHOLE-WHEAT
It has double the fiber of ordinary pasta, with fewer calories. Plus, 1 cup (cooked) has nearly a full day's supply of manganese, essential for healthy brain and nerve function and blood sugar regulation.

- 3 oz. pancetta, chopped
- 1 small onion, finely chopped
- ¼ tsp. crushed red pepper flakes
- 3 cloves garlic, thinly sliced
- ¼ cup dry white wine
- 1 28-oz. can whole peeled tomatoes
- 1 Tbsp. tomato paste
- 1 tsp. salt
- 12 oz. spelt spaghetti
- ½ cup finely grated pecorino

1 In a large nonstick skillet, sauté pancetta over medium heat until golden, 3 minutes. Add onion and red pepper flakes; sauté until onion has softened, 3 minutes. Add garlic; sauté for 1 minute. Pour in wine; simmer until almost evaporated, 30 seconds. Add tomatoes with juice and tomato paste, squeezing tomatoes to break them up. Simmer, stirring frequently, until reduced and thickened, 10 minutes. Remove skillet from heat.

2 Bring a pot of water to a boil. Add salt and pasta. Stir and cook until al dente, 7 minutes or according to package directions. Reserve ½ cup cooking water; drain pasta.

3 Add cooking water, pasta and ¼ cup pecorino to skillet. Cook over medium heat, stirring gently, until pasta is coated and sauce has reduced to desired consistency, 2 to 3 minutes. Top with remaining ¼ cup pecorino and additional red pepper flakes, if desired.

PER SERVING: *321 Calories, 9g Fat (3g Sat.), 20mg Chol., 7g Fiber, 14g Pro., 49g Carb., 613mg Sod., 3mg Iron, 125mg Calcium*

Quinoa

What's it like? Delicate, silky texture; very mild flavor
Best for: Any pasta dish—hot or cold in salad

ROASTED GARLIC, ARTICHOKE AND ASPARAGUS PASTA

Prep: 15 minutes
Cook: 30 minutes
Serves: 4

- 1 lb. asparagus, trimmed and cut into 1-inch lengths
- 1 15-oz. can quartered artichoke hearts, drained and patted dry
- 1 large red onion, coarsely chopped
- 3 Tbsp. plus 1 tsp. extra-virgin olive oil
- 2 tsp. chopped fresh thyme
- 2 tsp. salt
- 1 tsp. freshly ground black pepper
- 1 head garlic, unpeeled, halved horizontally
- 8 oz. quinoa rotelle
- 1½ Tbsp. balsamic vinegar
- ¼ cup grated Parmesan

1 Preheat oven to 450°F. In a bowl, toss asparagus, artichokes, onion, 2 Tbsp. oil, thyme and ½ tsp. each salt and pepper. Spread on a baking sheet. Place each garlic half, cut-side up, on a piece of foil. Drizzle each with ½ tsp. oil. Wrap tightly; place next to vegetables on sheet. Roast, stirring vegetables occasionally, until vegetables are golden and garlic is soft, 20 minutes. Unwrap garlic, squeeze out cloves and mash.

2 Bring a pot of water to a boil. Add 1 tsp. salt and pasta. Stir and cook until pasta is al dente, 9 minutes or according to package directions. Reserve ½ cup water; drain pasta.

3 In a large nonstick skillet, warm 1 Tbsp. oil over medium heat. Add vegetables, garlic, vinegar, cooking water, pasta and ½ tsp. each salt and pepper. Simmer, stirring, until pasta is well coated. Top with Parmesan.

PER SERVING: *450 Calories, 15g Fat (3g Sat.), 4mg Chol., 15g Fiber, 15g Pro., 69g Carb., 875mg Sod., 6mg Iron, 207mg Calcium*

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 4.

Go on, *indulge.*

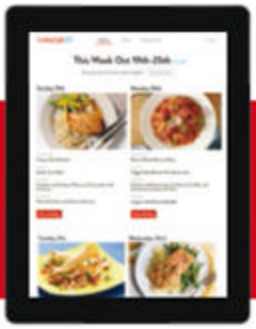


INTRODUCING

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WHICH IS HEALTHIER?

COFFEE TREAT FACE-OFF

By **LESLIE BARRIE**



THE WINNER

Coffee Cake

One average slice of cinnamon coffee cake

495 CALORIES

25g Fat (10g Sat.), 1g Fiber, 6g Pro., 64g Carb.

VS.

Biscotti

Two dark chocolate–dipped almond biscotti

220 CALORIES

8g Fat (4g Sat.), 2g Fiber, 4g Pro., 34g Carb.

Here's the buzz: It's true that these indulgent snacks are made with some of the same ingredients, like flour and sugar. But that doesn't make them equal. "Coffee cake has more fat because there's usually more butter—in fact, many traditional biscotti recipes don't use any butter or oil at all," says Dawn Jackson Blatner, RDN, a dietitian in Chicago. On top of that, the Italian cookies have healthy add-ons: The almonds up the fiber and protein totals, and if you opt for dark chocolate–dipped biscotti, you could get some inflammation-fighting antioxidants, too. Even if you have two biscotti, you're eating less than a coffee cake slice (about 1.7 ounces instead of 4.3 ounces), but because you're doubling up, you won't feel shortchanged. Tip: Dunk 'em in your java for an instantly flavored drink. All in all, it's a sweet deal.



Lighten Up Your Treats

Beware Reduced Fat
→Mind the nutrition: The snack will contain less fat but likely more sugar—and may even have the same calorie count.

Kick the Crumble Top
→It's basically just another way to get more sugar, butter and flour into the sweet. Stick to the non-crumble version instead.

Think Outside the Danish
→Many coffee shops sell bags of sugary nuts, a more nutrient-dense option that contains a similar number of calories.

Sprinkle on Flavor
→Adding unsweetened cocoa powder to a latte nets you just 160 cals total (much better than 290 for a mocha!).

FOOD STYLING BY LIZA JERNOW/PLUM REPS; PROP STYLING BY MEGAN HEDGPETH; ILLUSTRATIONS BY RAMÓN A. GAMARRA

PHOTOGRAPHY BY TRAVIS RATHBONE

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